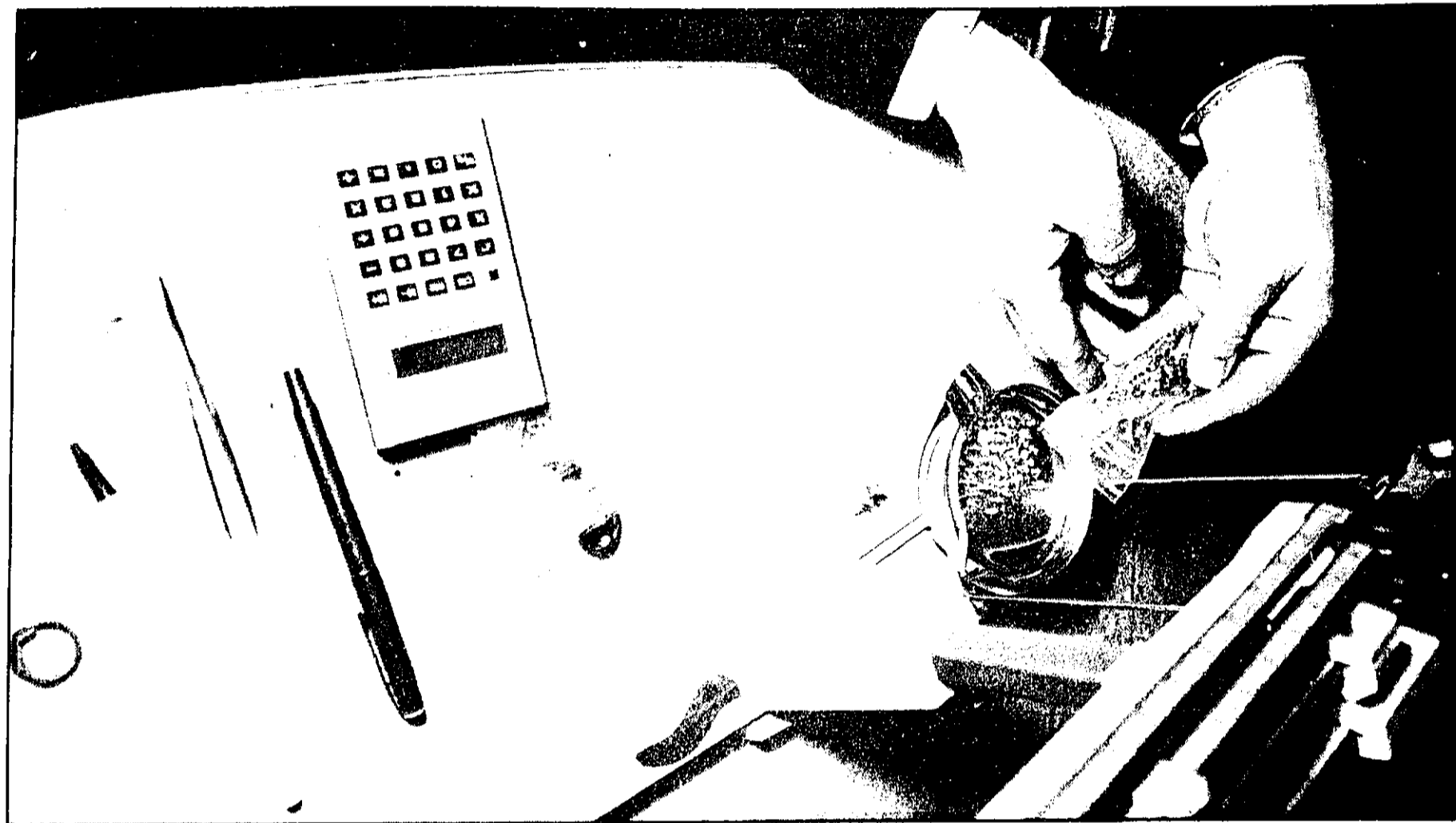


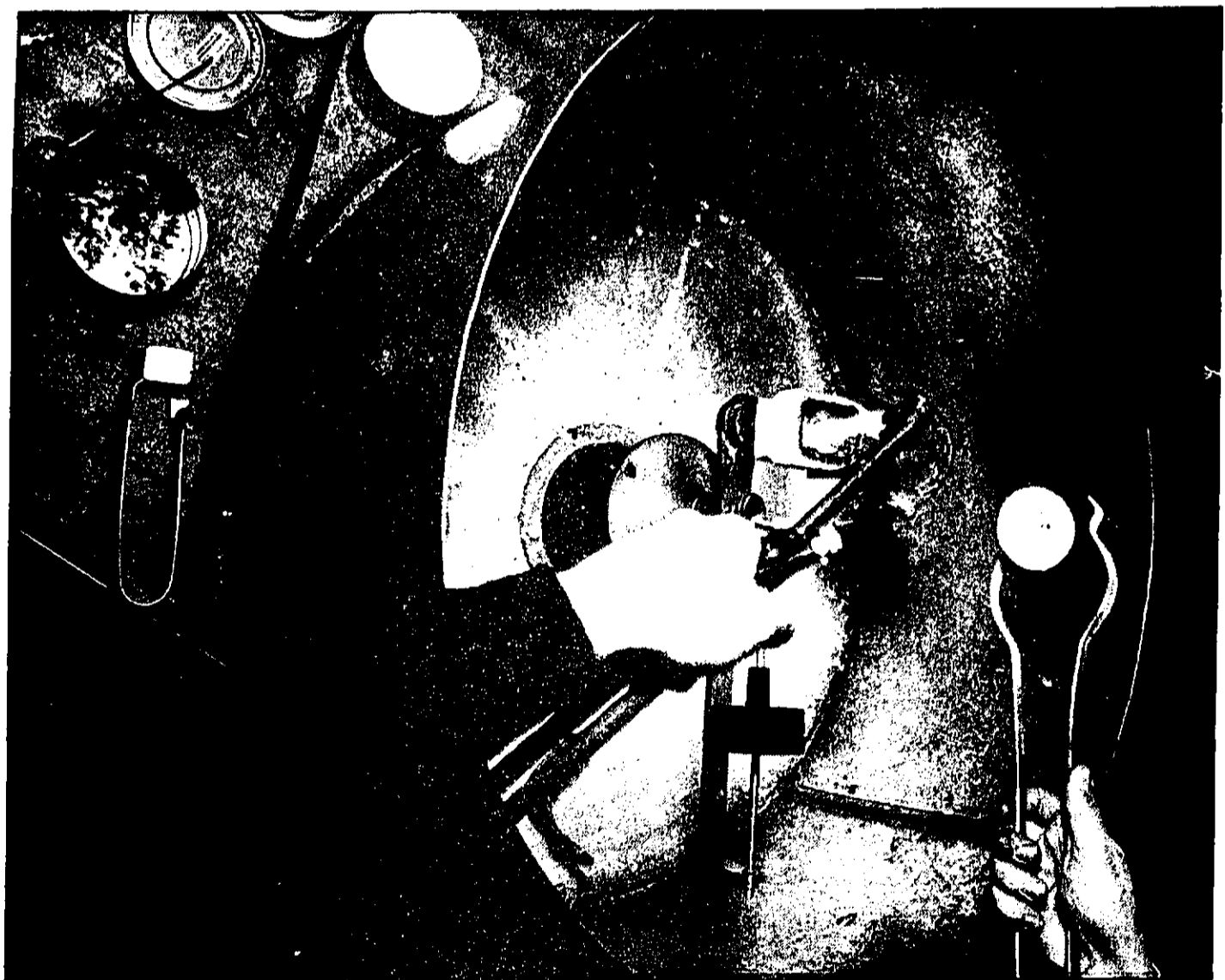


Custom Made Rings with special touch

Not all rings come from glass-lined counters. Some are extra special, coming from the jeweler's creative touch. Milford jeweler John McMartin (above, at his work bench) creates custom rings. He starts by having a wax model of the ring (below) and then uses a plaster mold to immerse the model in plaster and then melting the wax out of the mold in a kiln (below right).



Once the plaster mold is finished, it is filled with wax. The wax is then melted and poured into the mold. The wax is then cut off the sprue (see above) and then filed and sanded. John McMartin (see above) will give the ring a golden luster.



Photos by John Galloway

30°
WEDNESDAY
March 19, 1986

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Number 47
Three Sections
42 Pages plus Supplements

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IED

7-2

Police close on 12 bombs

Novi police believe they have determined the identities of as many as 12 individuals who were involved to one degree or another in the placement of pipe bombs outside two residences in the Meadowbrook Glens subdivision on Sunday, March 9.

Detective Ralph Fluhart said the suspects range in age from their late teens to early 20s and all but two are Novi residents. At least one of the remaining two suspects is from out-of-state, Fluhart added.

Fluhart said he doubts that charges will be brought against all 12 individuals. The involvement of some of the individuals was nothing more than knowledge of the existence of the incendiary devices, he reported.

No arrests have yet been made, but Fluhart said he will submit the findings of his investigation to the Oakland County Prosecutor's Office at the end of this week for warrant recommendations.

Identities of the suspects are being withheld pending issuance of warrants.

The pending charges stem from two incidents which occurred in the Meadowbrook Glens subdivision near Ten Mile and Meadowbrook Road on Sunday, March 9.

At approximately 8 a.m. on March 9 a Meadowbrook Glens resident discovered that a pipe-bomb type of explosive device between the door and screen door of his residence, he reported. Fluhart said the device had failed to detonate and was removed by police.

Approximately two hours later, another Meadowbrook Glens resident discovered that a similar device had exploded inside his automobile which had been parked on the street outside his home and left unlocked. The automobile sustained damages estimated at approximately \$1,000.

Continued on 13



Novi News/JERRY ZOLYNSKY

Firefighters survey what's left of a Salem Township man's 1975 Grand Prix after head-on crash

Crash on Eight Mile kills driver

Northville Township police are investigating a March 12 accident which left a Salem Township man dead when his 1975 Pontiac Grand Prix reportedly crossed the center line of Eight Mile Road east of Livonia and was hit head-on by an unloaded gravel truck.

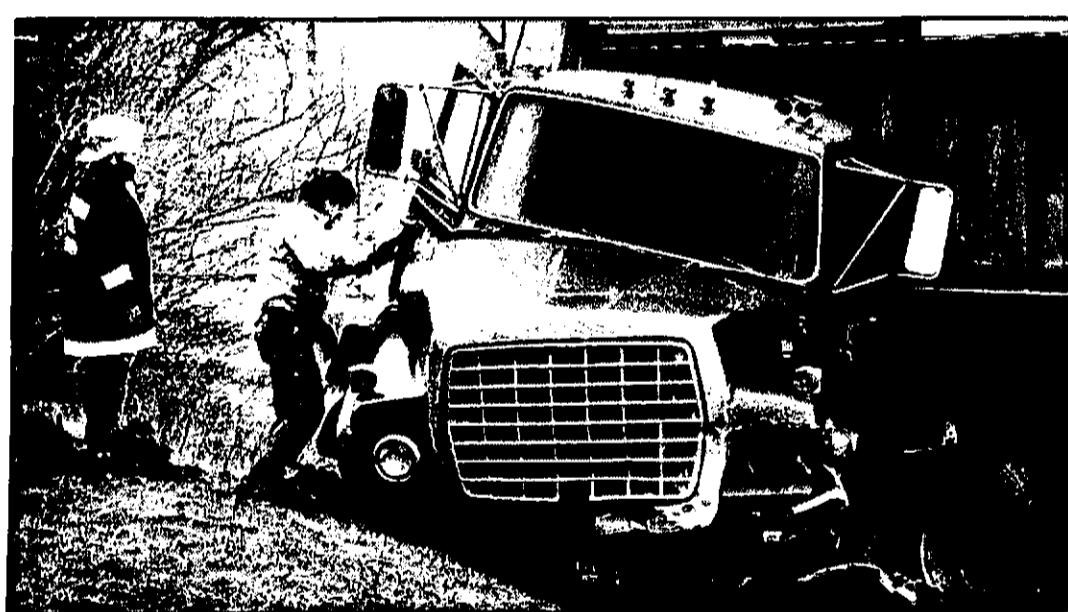
Police say the driver of the Grand Prix was drinking and had a blood alcohol level of .08, legally impaired.

Donald Wittia, 24, was pronounced dead at the scene. The Northville Township volunteer fire department used the "Jaws of Life" to extricate his body from the car. He was not wearing a seat belt.

Clarence Howell, 49, of Lincoln Park, the driver of the truck, suffered only minor injuries.

According to police reports, Wittia was driving westbound on Eight Mile Road when his vehicle crossed the center line and was struck by the truck, which was traveling east on Eight Mile.

The impact tore the front end of Wittia's car apart, separated the automobile's windshield from its frame and left debris scattered along Eight Mile Road. The truck reportedly traveled 150-feet after the collision before it jackknifed.



Jackknifed truck shows impact's effects

By BRUCE J. MARTIN
staff writer

Novi ruling hits D.A.'s

The outcome of a legal case involving the City of Novi may have far-reaching effects on Oakland County's — and possibly Michigan's — ability to prosecute drunk drivers.

According to a ruling last month by recently-appointed Oakland County Circuit Court Judge Norman Lippitt, Novi City Police did not introduce sufficient documentation of the reliability

of a breathalyzer (an instrument which measures blood-alcohol content from exhaled lung gases) when the device's findings were used as evidence to convict Union Lake resident Lawrence Simill of drunk driving in a jury trial last year.

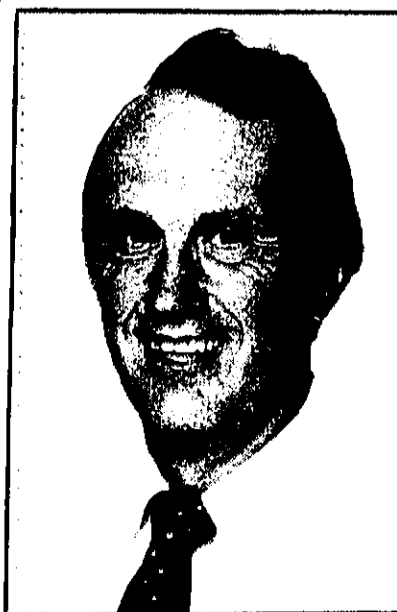
Based on his ruling, Lippitt overturned Simill's district court conviction. But Novi City Council has authorized the city's attorneys to seek a reversal of Lippitt's verdict from the Michigan Court of Appeals.

According to Assistant City Attorney Dennis Watson, a strict insistence on procedural documentation of the breathalyzer's accuracy hampers Michigan judges' ability to use their own discretion in evaluating the reliability of breathalyzer readings submitted as evidence.

"The danger is that courts will analogize on that requirement and impose other things (prosecutors) might not expect," Watson said.

Continued on 13

Henderson steps down, opens race



GILBERT HENDERSON

By MICHELE M. FECHT
staff writer

The Novi Board of Education will have at least one new member in June following the resignation of longtime trustee Gilbert Henderson Thursday night.

Henderson, who was first elected to the board in 1968, will be leaving a more than 11-year association with the district effective March 28.

"It's hard to walk out," Henderson said. "But I feel good about where the community is."

"I joined a group of dreamers in the '60s and '70s," he said, referring to his tenure on the school board as well as his term as mayor (1976-77). "The city and school district have gone beyond those dreams."

Board trustees expressed regret over Henderson's departure. "You're input has been extremely

valuable — particularly this year," board president Robert Schram noted.

"To me, he was the soul of the board," said trustee Michael Meyer who was elected with Henderson in 1983. "He's someone I truly admire. I'm going to miss him."

Henderson emphasized his resignation was not prompted by dissatisfaction or conflict with other board members.

"I no longer have the enthusiasm or the same level of concern," Henderson said. Having taken an active role in the district's growth during the past two decades, Henderson expressed satisfaction with the outcome of those earlier efforts.

"I'm very pleased with the emphasis on improving the quality of instruction," he noted. "I'm pleased the staff is making an effort to recognize student achievement in a

broader spectrum of subjects."

Henderson said he believes the district's greatest strength is in the instructional program as evidenced by escalating test scores (particularly MEAP) during the past several years.

"I perceive that teachers and administrators have worked hard at genuinely deciding what they want kids to learn," he remarked. "The district has spent a lot of time improving instruction in the classroom."

He also credited school officials with hiring exemplary teachers. "It's easy to go out and hire graduates right out of college," Henderson said. "But we don't. We hire the best quality people regardless of price."

Though the district has experienced considerable change during the

Continued on 17

5-story district studied

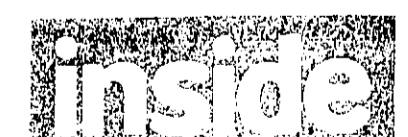
Novi planning commissioners are scheduled to decide tonight (Wednesday) whether to allow a zoning designation that would permit five-story office buildings northwest of the Grand River Avenue/Beck Road intersection.

For years, developers have eyed the Bob-O-Link Golf Course's property at that location as an ideal place for an office complex — there is plenty of room, easy access to I-96 (especially in view of projected long-range improvements to the I-96/Beck Road interchange) and good visibility from the highway.

Last month, developer Joseph Gerak — who also backed the Orchard Hill Place/Novi Hilton project at Eight Mile and Haggerty Road (property now run by The Sametson Group) — submitted an application to rezone more than 70 acres of property belonging to the golf course for office-service-commercial (OSC) use.

Under OSC zoning, office buildings of up to five stories are permitted in certain circumstances.

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Police toughen up on seat belt laws

LANSING — State Police ticketed nearly 10,000 drivers and passengers for failure to wear safety belts during the first six months that Michigan's safety belt use law was in effect, according to figures released last week by the Michigan Department of State Police.

James Downer of the department's Traffic Services Division reported that 9,254 citations were issued to motorists who did not comply with Michigan's safety belt use law from July 1 through December 31. The figure does not include tickets issued by local police agencies and sheriff's offices.

Downer said the number of tickets issued for safety belt violations is exceeded only by the number of tickets issued for speeding and drunk driving. He also reported that the current ratio of warnings to citations issued is two-to-one.

"It is an important law that saves lives, and we are happy to join local law enforcement agencies in a concerted effort to increase enforcement," said Captain Ken Casperson, commanding officer of the Traffic Services Division.

Other actions taken by State Police and local law enforcement agencies include: The State Police, Michigan Association of Chiefs of Police (MACP) and the Michigan Sheriffs Association (MSA) are urging their officers to enforce aggressively the child restraint law during March as a part of a special five-week push for compliance with the child restraint law.

The Michigan Coalition for Safety Belt Use, noted that the ratio was three-to-one shortly after the law's effective date on July 1, 1985.

Michigan citizens are urged to help the Michigan State Police combat the problem of drunk driving by calling a special toll-free hotline — 1-800-255-5555.

Colonel Gerald Hough, department director, said that drunk driving is not just a police problem, it's everyone's problem.



Robotic education

There was a time when robots were something you read about in science fiction stories. Not anymore. As just about everyone knows, robots have become an increasingly important factor in the contemporary business world.

Adopt a magazine

Want to find a way to make subscribing to a favorite magazine tax deductible? It's easy if you don't mind trekking to the Novi Public Library to read it.

The Novi Library is instituting a new program called "Adopt A Magazine" because of what staffers call the "wide-ranging tastes of a community like Novi."

To satisfy those tastes, the library staffers are asking for donations of subscriptions to specialized magazines going beyond the library's basic general collection.

The purpose of the program is to enlarge the subject content of the library's magazine collection and thereby expose the community to a wider variety of current thoughts and ideas.

Robert Dewar, former Chairman of the Board and Chief Executive Officer of the K mart Corporation, will be featured in the Orchard Ridge Distinguished Speaker Series on Thursday, March 27.



Ernie Aruffo was named winner of the 1985 DSA at the Sheraton Oaks on Saturday

Jaycees honor non-tired retiree

By PHILIP JEROME managing editor. Ernie Aruffo retired in 1982. And that's when he got really busy.

Place home Sunday afternoon. "I was honored just to have been nominated. And when I heard the names and contributions of the other finalists, I knew I was in pretty select company."

volunteering to do something that will serve the community. The key to that spirit is the Jaycees who encourage and nurture it.

JOIN US FOR BRUNCH



March 30 11:00 a.m. — 3:00 p.m. We'll be decked out in our Easter finery too!

Our Executive Chef has paraded out all his specialties for your buffet dining pleasure.

Advertisement for O'Brien Chapel, featuring a portrait of Ted C. Sullivan and text describing funeral services and contact information.

Advertisement for Lady Golfers and Godwin Glen Golf Course, providing details about women's leagues and golf courses.

SPRINGTIME

is the Right Time for Kentucky Fried Chicken. Includes an illustration of a man in a suit holding a large chicken.

- 2 Pieces of Chicken with Mash'd Potatoes & Gravy and 1 Buttermilk Biscuit for \$1.79.
- 9 Pieces of Chicken with Mash'd Potatoes & Gravy and 4 Buttermilk Biscuits for \$6.49.

Kentucky Fried Chicken. We Do Chicken Right. Includes a map showing the location of a KFC restaurant near Grand River and Northville.

Advertisement for Flowering Plants and Corsages, listing various floral arrangements and services.

Advertisement for Village Green, a florist shop located at 33239 8 Mile Rd., Livonia.

Advertisement for Dinser's Greenhouses, featuring a list of plants and services available for purchase.

Advertisement for Twelve Oaks Tire Co., offering various tire services and products.

Advertisement for Pit Stop Lounge, featuring dining options like strip steaks and burgers.

Advertisement for Drapery Boutique, offering discounts on wallpaper, vertical blinds, horizontal blinds, and bath accessories.

Trammell Crow will revise plan

The Trammell Crow Company's plans for a shopping center/park complex northeast of Novi Road and Grand River may have to obtain conceptual approval all over again, even though Novi's city council and planning commission already have given the green light.

In the process of preparing its presentation for final approval, the company has 1) revised the basic "footprint" of the project and 2) revealed new information on what businesses will locate there.

Advertisement for Moonlite Doubles bowling, featuring a \$100 first place prize and other promotional offers.

Advertisement for Capture tanning, promoting a new tanning system and offering a free tanning session.

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 OPEN SUNDAY
 9 a.m.-9 p.m.



Girl talk

Ronna Romney charms Town Hall crowd

By MICHELE M. FECHT
staff writer

Though she's the daughter-in-law of one of Michigan's most influential politicians, a best-selling author, the GOP's choice for national committee woman and a force to be reckoned with in political fundraising, Ronna Romney still contends she's "just one of the girls."
 "I hear about all the things I've done and it surprises me," Romney told a capacity crowd at the Sheraton Oaks in Novi. "But really, I'm just like you."
 The wife of a prominent attorney and the mother of five (ages 6 to 22), Romney told her predominately female audience that two incidents five years ago forced her to re-examine her role as homemaker.
 "Five years ago when I was 37, I had my best friend lose her husband and my sister-in-law lose her husband to a much younger woman," Romney explained.
 "I thought these people had everything going for them... and in a twinkling of an eye their lives changed forever," she said. "My life did too."
 In an effort to expend her energies beyond her home life, Romney headed back to the classroom at Oakland University but dropped out after six weeks," she relates. "The kids looked so young I felt like burping them."
 Romney notes that her short-lived return to academia proved to be demanding.
 "I was accepted in the master's program at Oakland University but dropped out after six weeks," she relates. "When you say, 'I want to do more, but I don't know what it is,' that's valid," she says.
 Romney says age should never be a barrier for women seeking change. "There isn't anything wrong with wanting to be wise all of your life," she says.
 "It's never too late to make a difference.
 "Have you given thought to what you're going to do when the kids are grown?" Romney asks her audience. "Vision is necessary to be alive. Without vision you're dead."
 "It's the saddest thing to say, 'if only...' she notes. Romney told her audience the only way women can gain influence is by getting involved.
 Referring to her role as co-chair of the Headlee campaign in the 1982 gubernatorial race, Romney says "the only reason they asked me is because my name is Romney and I'm a woman."
 "They didn't want me to be active," she observes. "But I told them they needed money. They told me to go raise money."
 "I raised money — and a lot of it," she says of the \$1 million raised through her efforts. "In fact I raised more than the other team."
 "At the end of the campaign, I thought I was dead in the water," she notes. "But I found out that once you know how to raise money, it doesn't matter."
 Romney says she believes more women will need to plunge into the political arena for their influence to be felt on a state and national level.
 "Traditionally, women in this state give 200,000 to 300,000 hours of volunteer time each year," she notes. However, out of 435 members currently sitting in Congress, only 28 are women — and five of those are widows who look over their husband's seats.
 She notes that nearly all the couples she interviewed for the

Ronna Romney encouraged women to get involved at the Sheraton Oaks last week

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Opinions

the NOVI NEWS

As We See It

'Yes' vote urged on school millage

Novi voters will be asked Monday to renew 13 of the school district's 23.5 voted operating mills for a three-year period. While on the surface the issue appears relatively simple, voters should not lose sight of what's at stake in this election.

The district's request represents the bulk of the total voted operating millage for Novi Community Schools. As such, school officials are hard pressed to even speculate what the district would do should the renewal be defeated. Novi has long supported its school district and we hope next Monday is no exception.

It has not been a particularly easy year for Novi Community Schools. Building overcrowding and transportation woes marred the opening of school last September only to be followed by a continued battle with the city over Tax Increment Financing and protests from parents of special education students regarding safe transportation for their children.

In the midst of dealing with such volatile issues, the board of education has lost two of its longest-tenured members. Former trustee Ron Milam left the district last summer only weeks before the opening of school. Gilbert Henderson's resignation last Thursday becomes effective March 28, only two days after the board's study session on redistricting.

While it is easy to pinpoint such adversity, we think it is important voters also look at some of the positive rewards the district has

earned in the past year. Since January, 1985, three of the district's seven facilities have been distinguished as among the top schools in the State of Michigan. In addition MEAP scores continue to rank at the top of the scale and individual achievements have never been higher.

A December contract settlement among three of the district's five employee groups proved both expeditious and productive. Not only did the agreement save the district arduous bargaining sessions, it finally put to rest the animosity between school officials and employees which has existed since the bitter strike of 1982.

Currently in the throes of one of its greatest transitions, Novi Community Schools needs the continued support of local voters. Next Wednesday, the board of education will discuss redrawing the district's boundaries to alleviate the overcrowding which parents so vehemently protested last September.

The redistricting is only one of the many challenges facing the district in the years ahead. Should student population continue to increase, the district may need to examine the possibility of building another elementary school.

It is our hope that voters realize the importance of Monday's issue and what's at stake for the future of Novi Community Schools. We strongly encourage residents to vote to renew the district's operating millage in next Monday's election.

Avoiding the issue

In the February 12 edition, we carried an editorial which urged the Novi Board of Education not to oppose the proposed creation of a Tax Increment Financing Authority (TIFA) to fund public improvements that would facilitate development of a convention center in Section 15, the area on the west side of Novi Road across from Twelve Oaks Mall.

Shortly after the editorial appeared, we received a telephone call from School Board President Robert Schram, who said he was upset we had decided to take a stand on the controversial TIFA issue without having had discussions with either himself or Superintendent Robert Piwko.

Schram's criticism was somewhat unexpected in light of the fact that we had on several occasions attempted without success to discuss the board's opposition to TIFA with school officials.

Nevertheless, we explained that we were eager to sit down with Schram, Piwko or anyone else associated with the school district in an effort to obtain their viewpoints and present them to the public. Regardless of our editorial page position on the TIFA proposal, we explained, we were anxious to provide the people of Novi with as much information as possible to permit them to understand the issue and reach their own opinions.

As a result of the conversation with Schram, we followed up with a call to Piwko to re-emphasize our willingness to explore the issue

from the standpoint of school officials. The initiative proved unsuccessful, however, as Piwko explained the school board did not wish to wage its battle with the city in the newspaper.

In light of that background it was disappointing to see school officials mail a flier stating their opposition to the TIFA proposal approximately two weeks ago.

The word "stating" is used in the previous paragraph because the word "explaining" would be inappropriate. The flier did little more than state that school officials were opposed to TIFA without providing any substantive explanation of the reasons for that opposition.

Aside from the fact that "fliers" are most often associated with matters of substantially less import than TIFA proposals (school fairs or Easter egg hunts, for example), we object to the district's use of the flier on the grounds that it denies residents any hope for an truly informative explanation of the issues involved.

There are valid reasons for opposition to creation of a TIFA. It is our opinion that in the specific proposal currently under consideration, those reasons are not sufficient to override the value of establishing the TIFA district.

Unfortunately, school officials chose not to participate in an informative discussion of the issue, resorting instead to a "flier" that answered no questions and left no avenue for questions to be asked.

The Novi News welcomes Letters to the Editor. We ask, however, that they be issue oriented, confined to 500 words and that they contain the signature, address and telephone number of the writer. Names will be withheld on request, but a brief explanation of why the request is being made should accompany the letter. Deadline for submission is 3:30 Monday p.m.. We reserve the right to edit letters for brevity, clarity and libel.

Putting hype before the news



Bruce J. Martin

Odds and Ends... If anybody out there knows John Bullington of Northville, please remind him he's a great guy. I was going crazy trying to find my driver's license last week when it appeared in my mailbox attached to a note from Mr. Bullington explaining he had found it in the street near our newspaper office. Thank you, thank you, thank you.

Probably the most fascinating thing about my job has been covering planning issues in Northville and Novi. Here are two communities that care deeply about the way they develop facing some of the most intense business interests in Michigan. There's a variation: Northville has a heritage it needs to preserve, while Novi's heritage is still in its formative stages.

I have a personal prejudice which I try to keep out of news accounts: I like buildings. Or more accurately, I like attractively designed buildings. With two of the country's leading architecture schools nearby — Lawrence Institute of Technology and University of Michigan — Novi and Northville should have a right to expect architecture of the highest quality from new businesses and homes.

From the first time I saw it, I had admired the Diego Rivera mural at the Detroit Institute of Arts. But even that epic-sized mural didn't prepare me for the special Rivera exhibition there commemorating the centennial of his birth. There are galleries chock full of his frescos, sketches, studies, oils and watercolors, and the works range from moving to overwhelming. If you are not big on art exhibits, but might be persuaded to see one if it were really, really special, this once-in-a-lifetime show definitely fits the bill. You have until April 27, after which you may have to go to Mexico for it.

Yes, that was me doing my 1-team poolside reports at the Miss Michigan USA pageant and covering the visit from Miss Universe last week. At last my journalism sheepskin pays off. I may have to send an alumnus gift to the University of Missouri.

Anybody see the *Free Press*' article on potty-training

I like attractively designed buildings. With two of the country's leading architecture schools nearby — Lawrence Institute of Technology and University of Michigan — Novi and Northville should have a right to expect architecture of the highest quality from new businesses and homes.

last Thursday? Was the accompanying color photo illustration of a little girl perched on a john sort of revolting or am I just a humorless wit? As somebody who often heads up what we call our C-fronts (Living section front-page features), I suspect I would have a hard time explaining to some mom that we'd like to take a picture of her daughter sitting on a potty for some article we're doing.

For those of you who get perplexed at the weird places we break words at the end of lines in our articles (for example, at the end of a line, you might see "Northville" separated as "Nor—thville"). I want you to know it's not the fault of a writer or typesetter who doesn't understand syllables. It's a typesetting machine, and correcting its deficiency is expensive. We'll fix it as soon as we can. Unfortunately, we can't blame misspelled words on it, too.

I have this fantasy: "If Newspapers Worked Like TV News." On the front page of every issue of the Northville Record/Novi News there would be a huge headline reading like this: "MICHIGAN'S WARD-WINNING WEEKLY NEWSPAPER WITH ANCHOR EDITORS PHIL JEROME AND JEAN DAY, AND OUR ACTION NEWS TEAM, MICHELE FECHT, BRUCE MARTIN AND KEVIN WILSON, WITH NEIL GEOGHEGAN ON SPORTS AND A SPECIAL REPORT BY ANITA CROWNE." Below all that in smaller type would be two or three two-paragraph news stories. Then there'd be about four pages of full-page advertisements.

Images

By Jerry Wolynsky



Way over coat

Here's advice for Congress

Phil Jerome

Look. I'm not claiming this paper is a major voice in influencing international policy in Washington, D.C.

But I can prove The Novi News does get read in other parts of the country.

Don't believe it? Then how do you explain the letter I got from General Mills headquarters in Minneapolis, Minnesota, last week?

"Dear Mr. Jerome," it began. "In reviewing clippings for Biskuit baking mix, I ran across a column you ran in December and January requesting a cinnamon roll recipe which appeared on old boxes of Biskuit."

"While I cannot identify the particular recipe which appeared on the box, I thought I might help by sending along copies of some of our most popular Biskuit cinnamon roll recipes. Hope one is the one for which you are looking!"

The letter was signed by Pam Becker, supervisor of the Department of Communications/Consumer Foods, and the envelope also contained three recipes for cinnamon rolls. One of which — *volla* — was the long-lost cinnamon roll recipe made famous by my mother on Christmas mornings.

Now I realize that just because somebody from General Mills in Minneapolis reads The Novi News, it does not necessarily mean President Reagan, Speaker O'Neill or Congressman Broomfield also check out the paper before voting on important issues in Washington.

But I can't say for sure that they don't, either. I just cannot say definitively that President Reagan doesn't ask his advisors to check out our little hometown community newspaper before setting national economic policy or international political policy.

And, if there's any chance he does, I'm wasting one heckuva opportunity to provide direction for our country by not making my feelings known.

So, Mr. President, if you're listening, I want you to know you're absolutely right about aid for the Nicaraguan rebels. Don't let those missiles in Congress push you around on this one. Drive those Commies out of Nicaragua. Castro's bad enough, but the last thing we need is another Russian base in South America.

There. I've done it. Now let's see if it does any good.

Action hurt Master Plan's value

Letters

To the Editor: Well, they did it again! After all the verbose, pyrotechnic discussions regarding the planning board's failure to hold public hearings to bring Novi's Master Plan into conformity with the Zoning Map, city council again turned down the planning board's recommendations to rezone the Grand River/Taft Road area.

The irony of the situation is that this Grand River area was one of the first groups of property recommended to the council for rezoning in accordance with the Master Plan after its adoption in December 1980. Council left the area zoned B-3 then also. This failure to eliminate the B-1, B-2 and B-3 zoning truly struck a debilitating blow to the philosophy of the Master Plan in 1980, and this decision is paramount to sounding the death knell. Only two members of council voted for the rezoning — Arlen Schroeder and Nancy Covert.

The purpose of this letter is not merely to highlight the fact that every member of the city council campaigned to support the Master Plan prior to election, but to truly mourn and bury one of the best Master Plans this state has ever seen. For it is a fact that Novi's Master Plan is now dead and ready for burial.

And this truly great document was not killed with one mighty blow. It suffered death from a multitude of stabbing wounds from council that allowed it to gradually succumb and finally wither into the present course, begging for cremation.

Indeed the Master Plan might have had a chance if it had been subjected to a great frontal attack, for I'm sure the residents of Novi would never have permitted or condoned this great loss if they had been aware of what was taking place. They were lulled into complacency by such phrases as "the Master Plan is not in concrete" and "this deviation is not going to matter."

The Master Plan, reinforced by substantiating zoning ordinances, is the best document we have in Novi. It was not the result of a perfect storm, but of the planning consultant covered such items

Henderson ends 11 years on board

Continued from Page 1

past few years, Henderson said he anticipates that some of the biggest challenges still lie ahead. "One of the challenges this district will have to face is not to become complacent because it's successful," he observed. "I don't see that happening, but if the economic growth were to stop, it would be very hard to finance current services."

"Though he moved to the community 30 years ago, Henderson said he has not been adverse to the changes taking place in Novi. "The commercial and industrial development has provided services that would not normally have," Henderson noted. "When you're on Eight Mile Road in a traffic jam and cursing the office buildings, remember they are the reason you have quality schools."

A resident of Novi since 1966, Henderson has been among the community's most active public servants. He first ran for public office in the 1967 village council race. "It's the only election I lost," Henderson noted. In 1968, he won his first seat on the school board and was re-elected in 1971 and 1975. His tenure on the board was interrupted in 1976 when he decided to run for mayor of Novi in the school district race.

In 1982, after a four-year absence from politics, Henderson returned to the board, winning the unexpired term of former trustee Ruth Waldenmayer. He was elected to his current term in 1984. Board President Schram said the district would not replace the resignation of former trustee Ron Milam, which will take a bid for the two-year seat (the remainder of Milam's term).

Candidates for the school board must be 18 years old, registered Novi school electors, U.S. citizens, residents of Michigan at least 30 days and residents of the school district on the day before the 30th day prior to the annual school election. Property ownership is not a requirement. Nominating petitions are available at the Administration Building, 25375 Taft Road.

son's resignation, voters also will elect candidates to a two-year seat and a full four-year term. Schram and trustee Raymond Byers announced March 6 they will seek another term. Schram, an eighth-year veteran of the board, will vie for his third full term. Byers, appointed last September following the resignation of former trustee Ron Milam, will make a bid for the two-year seat (the remainder of Milam's term).

Deadline for Novi residents interested in filing nominating petitions for the three board seats is 4 p.m. April 1. In addition to the one-year post created by Henderson's resignation, voters also will elect candidates to a two-year seat and a full four-year term. Schram and trustee Raymond Byers announced March 6 they will seek another term. Schram, an eighth-year veteran of the board, will vie for his third full term. Byers, appointed last September following the resignation of former trustee Ron Milam, will make a bid for the two-year seat (the remainder of Milam's term).

Officials must answer to voters

To the Editor: This is in response to a recent article in The Novi News written by staff writer Anita Crowne — "Another city would aid plans."

I am deeply concerned that the rapid overgrowth that is beginning to take place in Novi may very well reshape Novi's future identity and overall atmosphere forever. I believe that the daily quality of life for Novi residents is at stake — on the verge of being compromised, along with the whole essence of suburbia itself, which has long been a part of America and the "American dream."

In my opinion, it might be dangerous for people to believe that they could simply go into their homes, close the doors, pull down the shades and live happily ever after. Instead, I think that residents may find themselves waking up in the middle of the night, frantically wondering if their windows/doors remembered to lock the deadbolts on all of the doors and windows, and if their children are still safe in their rooms.

Then, by day, I believe that residents may find themselves feeling the intense pressures of mass traffic and congestion — when a simple errand or shopping trip becomes a dangerous, time-consuming project that is so much confusion about that they can't even think clearly. A pleasant, "quality lifestyle" is hard.

I think that it is all too true that the majority of Novi city officials have better their intentions very clear as to what form the rapid overgrowth in the community will take. However, I believe that in doing so they have made

several very large assumptions as to what the vast majority of Novi residents — who they have taken an oath to represent — truly want and need (what are their "philosophies"?).

The residents of Novi live and raise children in the community, have made large, lifetime investments in the community and pay taxes to support the community. Yes, in my opinion, despite cliche signs such as "working together for Novi," which I think unfortunately amount to nothing more than just that the vast majority of Novi residents are given the opportunity to decide what future direction their community will take.

I believe that the rapid overgrowth that is beginning to take place in Novi could ultimately jeopardize the health, safety and welfare of Novi residents. If this should happen, I think that each Novi city official who takes part in approving each crucial development proposal will be held responsible, and will not only have to live with themselves, but also answer to many residents.

Laura J. Lorenzo

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Caring for elderly topic of workshop

FARMINGTON — "Coping with Elderly Parents," a seminar that provides understanding, resources, skills and the knowledge for adult children who assume the caretaking role for the elderly, will be presented at the Farmington Community Center on Monday, April 11, from 7:30 to 9 p.m.

An increasing number of adults are caring for their older relatives, according to Ruthann Brodsky, MA and a certified specialist in aging, who will lead the seminar. "Most of us fear illness and disability," said Brodsky. "Most older people are giving up independence and becoming a burden to their families."

Brodsky will lead discussion about the concerns and demands made upon grown children as their parents grow older during the seminar. "The elderly are caught between decreasing abilities and resources on the one hand, and continuing potentials and desires on the other," said Brodsky. "Children of parents with increasing needs often fear the loss of their parents, while parents feel they're being treated as children."

The seminar is designed to help individuals recognize the needs, feelings and wishes of older family members, to recognize their own needs and wishes, to communicate with family members and to learn about resources. Registrations for the seminar are now being accepted. The cost is \$5 per person. For more information or to register call the Farmington Community Center at 477-8404.

Holiday services set

A full week of services has been scheduled at Church of the Holy Cross in Novi.

The Blessing of the Palms will be held Saturday at 5 p.m. Palm Sunday services will be held at 8 a.m., 8 a.m., and 10 a.m. on Easter Sunday. The Church of the Holy Cross is located at 46200 West Ten Mile, between Taft and Beck roads in Novi.

First Presbyterian Church of Northville

Invites you to worship and share the Easter Season with us

PALM SUNDAY: March 23
6:30 AM WORSHIP: Children's Choirs, Bell Choir, 11:30 am WORSHIP: Adult Chancel Choir, Bell Choir

THURSDAY EVE Communion: March 27
7:30 pm WORSHIP — Communion Service, Adult Chancel Choir Singing

EASTER SUNDAY: March 30
7:00 EASTER SUNRISE WORSHIP
Followed by Continental Breakfast.
9:30 am, EASTER WORSHIP: Trumpet Trio, Special Music.
11:30 am, EASTER WORSHIP: Trumpet Trio, Adult Chancel Choir Singing.

— Nursery for infants & care for young children
— Continental Breakfast after Easter Sunrise Service
— Complete Church School at 9:30 a.m.
— Church School for young children to age 5 at 11 a.m.

First Presbyterian Church

200 East Main Northville 349-0911

AARP can aid with tax forms

Taxpayers are a tedious and sometimes frustrating chore for all, but for retired Americans it often poses new and difficult problems. For example, new tax forms may be required. The tax implications of pension income, sale of property, stock dividends, Social Security and tax credit for the elderly may be unclear. Help is available to older taxpayers in dealing with these special problems through a program sponsored by the American Association of Retired Persons (AARP). Called "Tax-Aide," the program is offered in the Detroit area in conjunction with the National Bank of Detroit. Through this program, senior citizens receive free assistance in completing their income tax returns from volunteer counselors trained by the Internal Revenue Service. "Older adults experience many major life changes," said Robert Potter, district coordinator of AARP in Michigan. "They are selling family homes and buying condominiums, starting to collect Social Security or receiving pension benefits for the first time. All these changes have tax consequences, but older adults are often baffled by just what these consequences are. Tax-Aide volunteers are prepared to help these individuals understand the special provisions of the tax code that affect them. Volunteers are also trained to make sure that older adults, while paying their fair share of taxes, aren't overpaying." The Michigan AARP has established a Tax-Aide center in Birmingham which will handle tax inquiries by telephone from senior citizens throughout metropolitan Detroit. The phone number of the center is 652-0115, hours are 9 a.m. to noon and 1 p.m. to 4 p.m., Monday through Friday until April 15. The Tax-Aide program began in 1969 in response to the need for free, accurate assistance for the elderly in filling out their income tax returns and has grown each year. In 1984, Tax-Aide assisted older persons throughout the nation in filing 1.33 million federal, state and local tax returns. Expansion of the program has been aided by a cooperative agreement between the AARP and the Internal Revenue Service, under which the IRS trains Tax-Aide volunteers. Twenty-one thousand volunteers now work in the program, making their services available at some 9,000 tax preparation centers.

Daisy Maids Inc. (313) 685-7702 "Let's Talk Dirt!" Specializing in Weekly and Biweekly Residential Cleaning

Tired of Low Interest On Your IRA? Call Norman Weast & Associates 455-2609 NOW: 11% current interest on your IRA. From LINCOLN BENEFIT LIFE A MEMBER OF THE SEARS FAMILY Principle guaranteed 100%. No administration fee. Weast Financial Planning 127 S. Main Street Plymouth

Discover Downtown Northville

Easter Parade of Values

Be sure to visit your local downtown shops for lots of Easter week bargains, good food and entertainment for the whole family

Handcrafters Unlimited presents

Spring Arts & Crafts Show

Friday, March 21 & Saturday, March 22 10 a.m. - 5 p.m.

Northville Recreation Center 303 W. Main St. - Northville

Over 60 quality artisans Lunch available on premises Admission: \$1.00



Section B

GREEN SHEET

Sliger/Livingston East

Wednesday, March 19, 1986



Milford's Paul Sadowski crafts customized, wood-paneled dashboards for domestic automobiles

Milford man offers luxury in wood

By MARILYN HERALD

Rolls Royce to drive a Mercedes or Lotus Rover to enjoy the elegance, warmth and beauty of customized wood-paneled dashboards and other accessories.

All you need to do is visit Andrew Woodworking Designs at 2174 Lone Tree Road in Milford to discover what custom-designed dashboards and trim are available for certain mass-produced models from Chevrolet and Ford, as well as street rods and minivans.

Paul Andrew Sadowski, the 26-year-old owner of the company, has been in love with woodworking his entire life. His eyes sparkle with joy at a job well done as he describes not only his dashboard kits, but also his gift line of carefully crafted wood products. These include fancy cutting boards, serving trays, wall clocks and jewelry boxes for men and women. The cutting boards — made of maple, cherry, walnut, zebra and purple heart — range in price from \$20 to \$75.

Michigan University at Marquette (with a bachelor of fine arts in furniture design), I got interested in the idea of putting real wood accessories in U.S. automobiles," Sadowski recalled. "This kind of woodworking has been going on for many years in Europe in cars like BMW and Mercedes. There are only a few companies that are doing this kind of woodworking in the United States."

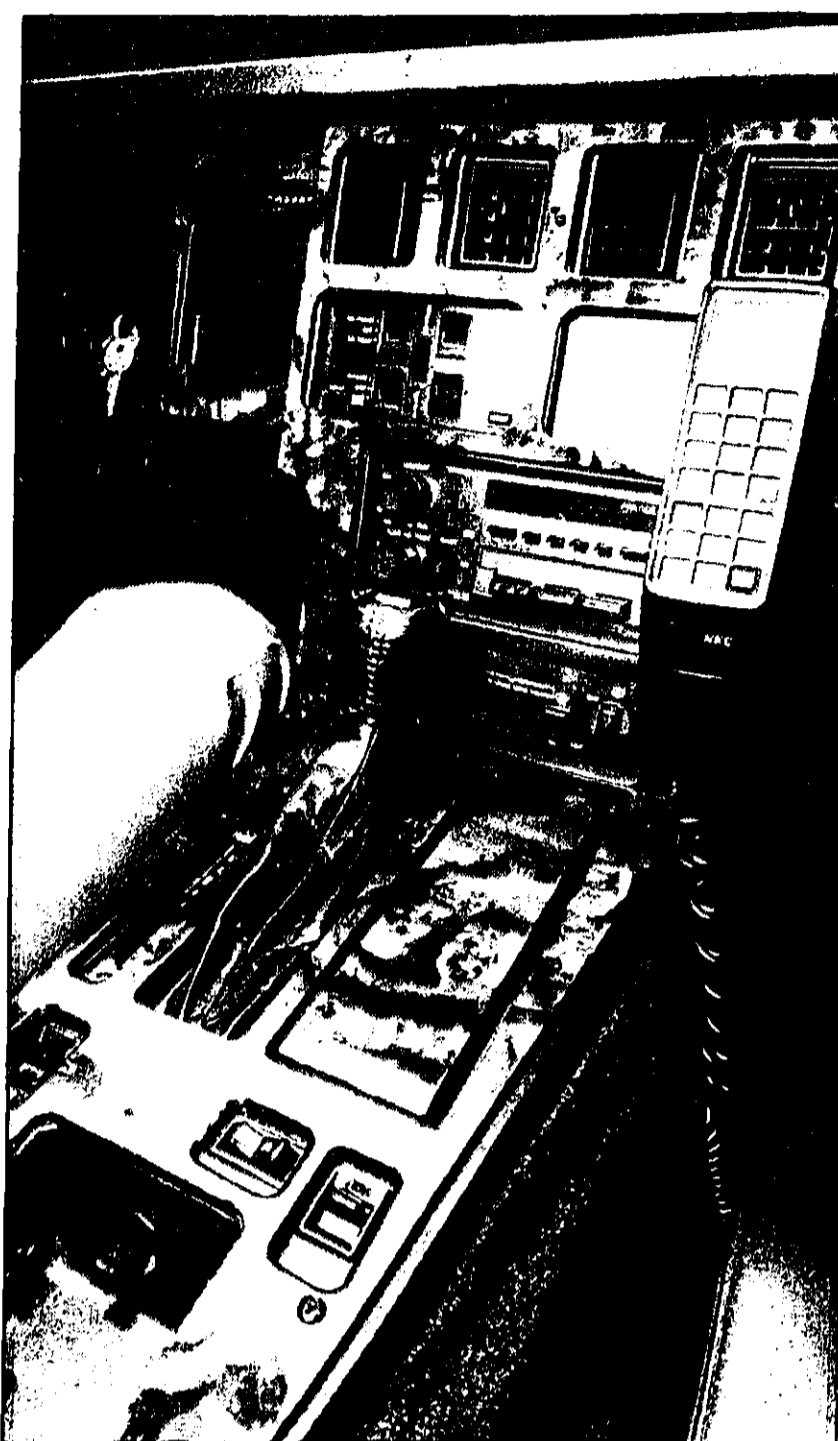
Explaining that he chooses cars and trucks most suitable for this type of wood kit, Sadowski said current kits available are for use on Camaro, Fiero, Corvette, Cougar, Capri, Thunderbird, Firebird, Ranger/Bronco II and Chevrolet S-10 and S-15 pick-up trucks. "We also have done one-of-a-kind vehicle interiors to fit the customer's needs. We make certain the accessories in our wood kits do not damage the interior in any way and make sure all wood accessories are secure by using existing screw holes as well as a high-performance, double-back tape." The owner of Andrew Woodworking said the price tag on his wood kits runs from \$100-\$650, depending on the kind of car and extent of woodworking. "In

Michigan, our kits are available at Jax Car Washes, John's Corvette and Marty Feldman Chevrolet dealership. We also sell them in Florida, Georgia and California. "We have sold wood kits to people with all kinds of occupations from housewives to top executives," Sadowski added with a smile.

"We let the customer create his or her own exciting, personalized environment by letting them select from three hardwood veneers and two finishes. Woods include kewanee, zebra and burl walnut. The choice in finishes is between catalist satin and resin gloss. The finishes used by Andrew Woodworking are not available to the general public, according to Sadowski, who added that they are designed especially to protect the wood from ultra-violet rays and moisture. The Andrew complete line of wood accessories is covered by a 12-month limited warranty covering defect in materials and craftsmanship. After receiving a first place award in the Detroit New Industrial Art Show in 1978 for an inlay box he made at

Milford High School, Sadowski entered military service. While stationed in Korea and later at Fort Stewart, Ga., he continued his work in wood crafting, even designing a special conference table for the 24th Military Police Co. His natural skills were enhanced by his study with Professor William Lee at NMU after his honorable military discharge. "He taught me that to make a successful piece of furniture or even a small box, you must be aware of all the different patterns in the object and that they must relate to one another, both visually and functionally. I still build furniture for people who want something special, even though I spend most of my time on automotive customizing and my gift line."

Sadowski said visitors are welcome at his Milford shop where he employs about 25 other woodworkers. Angela York is in charge of sales, going to auto shows and calling on auto companies throughout the United States as Andrew Woodworking seeks to expand its market. Sadowski said the company produces 25-50 wood kits per week.



Sadowski's customized consoles are available in three hardwood veneers and two finishes. Woods include kewanee, zebra and burl walnut. The choice in finishes is between catalist satin and resin gloss.

Freydl's NEW SPRING ARRIVALS AND CRUISEWEAR FROM CATALINA and WHITE STAG Beautiful pastels, tops, skirts, shorts 112 & 118 E. Main 349-0777

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Business Briefs



CAROL MASON



THELMA ALBERT

CAROL MASON, broker and owner of Carol Mason Realty, participated in over \$5 million in real estates sales in 1985.

Mason attributed the achievement to rapid sales in the Novi-Northville area during the past year as well as the new construction that her partners provides to the firm for sale.

Mason is a member of the local multi-list service, Michigan Association of Realtors and the National Association of Realtors. She is an active member of the Novi Chamber of Commerce.

THELMA F. ALBERT of South Lyon has been appointed accounting officer for the controller department of Comerica Incorporated. The appointment was announced recently by Chairman Donald R. Mandich.

Albert joined the corporation in 1972 as a teller and has held positions of increasing responsibility during the past 14 years.

DOUGLAS R. TRYON of Milford is being recognized by General Telephone Company of Michigan for 15 years of employment with the company.

Tryon, a Facility Technician working out of the company's Milford reporting center, started his telephone career as a combination man before obtaining his present position in 1985. He is a 1954 graduate of Milford High School.

THE INTERNATIONAL ORDER of the Golden Rule has announced that Lynch & Sons (Richardson-Bird Chapel) Funeral Home of Milford is beginning its 24th consecutive year with the Order. They were again chosen to be part of the Order's association of reputable funeral homes throughout the United States and Canada.

To make their membership possible, Lynch & Sons had to receive written recommendations from local residents, clergy and other area funeral directors. Only those funeral homes that meet strict professional standards of service to their respective communities are allowed to join the Order of the Golden Rule, which now has more than 1,400 members.

Executive Director of the Order, Dale L. Rollings, said "Lynch & Sons has continually shown the utmost degree of compassion and professionalism to this community. Our membership has never been for sale. It has been earned through performance."

THOMAS M. BEYERSDORF of Northville has been named vice president of corporate planning and business development at Blue Cross and Blue Shield of Michigan (BCBSM). The appointment was announced by Donald G. Puscas, president.

Beyersdorf had been senior director of planning and development. In his new position, he is responsible for BCBSM's strategic planning and diversification. Before joining the corporation in 1973, Beyersdorf was a financial analyst at Ford Motor Company. He is a former executive director of Health Care Newwork, one of BCBSM's non-profit health maintenance organizations.

Beyersdorf holds a bachelor degree in economics from the University of California and a master degree in business administration from Harvard Business School. He served as a captain in the U.S. Army in Vietnam and received the Bronze Star with Oakleaf Cluster. He is treasurer of the Northville Soccer Association and a member of the Plymouth and Novi community bands.



CADILLAC ASPHALT PAVING COMPANY of Novi has been named a co-winner of the NAPA Quality Paving Award - Commercial/Industrial Product for 1985.

Accepting the awards from NAPA Chairman Willis Duinick (center) are Cadillac Asphalt President George Sekan (left) and Cadillac Asphalt Vice president Chuck VanDeusen. VanDeusen accepted the supervisory award plaque on behalf of Operations Manager Ted Minko.

The award was presented to Cadillac Asphalt for its superior workmanship on a project involving construction of the Chrysler Corporation Proving Ground Test Track in Chelsea. The award, given annually for the outstanding project in this category in the United States, was presented at the 31st annual convention of the National Asphalt Pavement Association (NAPA) in Honolulu, Hawaii.

The project involved construction of the test track with three inches of Hot Mix Asphalt over a 12-inch base of pulverized asphalt and aggregates. Approximately 15,919 tons of Hot Mix were used in constructing the track.

THREE NORTHVILLE RESIDENTS have been named to Real Estate One's President's Council of Excellence and have qualified for five-day, all-expenses paid cruise in the Bahamas. More than 150 Real Estate One winners sailed the week of March 10 from Fort Canaveral, Fla.

Northville winners are Caroline Kolakowski (\$3.7 million in sales), Carolyn Beyer, manager of the Northville office (\$2.5 million) and Shirley Ford (\$2.2 million).

Real Estate One's President's Council of Excellence is comprised of top selling agents in the company, all of whom achieved at least \$1.06 million in total listing volume, or \$2,120 million in total sales volume during 1985. Richard Elesa, president of Real Estate One, said the company was able to award the trips and bonuses because of its record sales year. With mortgage rates at their lowest point since 1978, Elesa said he expects 1986 sales volume will exceed that of 1985.



DAVID J. ALBRIGHT of Albright Photography in Northville has completed a course titled View Camera Technique at Professional Photographers of America Inc.'s photography school, Winona International School of Professional Photography in Mount Prospect, Illinois. The "view camera technique" is commonly used in commercial/industrial applications. Albright Photography is located at 200 South Main Street in Northville.

Winona provides an international center for continuing education for active professional photographers to improve their skills, overall knowledge and motivation.

Professional Photographers of America is the world's oldest and largest association for professional photographers.

Advertisement for Union 76 Home Heating Oil. Features a \$5.00 coupon, home delivery, and 125 Gal. Minimum. Price: \$.879 CASH ONLY, \$.899 APPROVED OPEN ACCOUNT. Includes Leemon Oil logo and phone number 1-800-922-9911.

IRAs can provide worthwhile tax shelter

As April 15 approaches, many taxpayers with available cash and a desire to reduce their tax liability contribute to an individual retirement account. Since IRAs became generally available to every individual with earned income in 1982, they have been popular as a simple way to save for retirement and reduce taxable income each year by as much as \$2,000 without complicated administrative concerns.

In an IRA, the taxpayer takes a deduction for the contribution and then leaves the account to accumulate earnings - free of tax to both the taxpayer and the account itself - until withdrawals begin. Withdrawals are taxed to the recipient as ordinary income, regardless of the character of the income in the account, so there is usually no advantage to having an IRA that invests in tax-exempt bonds or assets that appreciate in value without producing current income.

Generally, withdrawals cannot be made before the taxpayer is 59½ years old without paying a penalty, though amounts may be shifted between different IRAs before that age. Also, contributions are not allowed beginning with the taxable year in which the taxpayer reaches age 70½ and, generally, withdrawals must begin no later than the April 15 of the year following that.

A taxpayer may contribute, and deduct, up to \$2,000 of earned income each year. This must be income from services, as either an employee or a self-employed individual. A self-employed person may have an IRA in addition to a Keogh plan. In 1985, for the first time, alimony is counted as earned income from which an IRA contribution can be made.

A married couple may establish a separate IRA for each spouse, allowing a \$4,000 deduction on a joint return if each has at least \$2,000 of earned income. If one spouse has no earned income, the other spouse can contribute up to \$2,250 of earned income to be divided between the two IRAs (not more than \$2,000 in either case).

A spouse without a regular job might do well to take on some part-time work. When an IRA is established with a financial institution, service charges, brokerage fees and other costs of maintaining the IRA are usually taken out of the account assets by the institution.

This reduces slightly the IRA's earning power. One way to avoid this is to have the institution charge separately for maintenance costs. The IRS has said that these separately-paid costs qualify as an itemized deduction, in addition to the full IRA deduction. However, brokerage fees incurred in acquiring stock or other property for the IRA cannot be deducted. These costs may even be paid from income that is not earned income.

'Any individual who is looking into long-term investments for the retirement years should consider starting that investment plan with an IRA. The tax-free status of the IRA assets boosts its worth over most taxable investments. An IRA is one shelter that should not be overlooked at tax time.'

When the certificate matures, you need to decide what to do with the funds. Many banks will put the funds into a regular interest-bearing account (at a lower rate than the certificate paid) until you direct them to do otherwise. The taxpayer is allowed to withdraw the money from the account and use it for up to 60 days before becoming subject to tax and potential penalty. By rolling it over to another IRA investment before the 60 days are up, tax and the potential penalty can be avoided.

When a contribution can be made as early as the first day of the taxable year. The earlier a contribution is made, the earlier it will begin to grow tax-free in the IRA.

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Business incorporations rise

For the second year in a row, new business incorporations in Michigan set a new record in 1985, outpacing the previous year by 12 percent.

More franchisors have registered to do business in Michigan since June 1984 than during the previous 10 years. Additionally, Michigan once again led the nation in both plans for national expansion and actual bidding volume in 1985.

Behind these encouraging trends are new trends in business/government cooperation. The Governor's Entrepreneurial and Small Business Commission (ESBC) is working with state government to make Michigan a better place for nurturing and expanding small businesses.

ESBC was appointed by Governor James Blanchard in 1982 to give small business a strong, independent voice in state government. Its 25 members have made several recommendations for improvement, paving the way for significant improvements in workers' compensation and other regulatory areas.

Advertisement for Fisher Fuel. Features a cash special price of \$86.95 for 150 Gallon Minimum. Includes phone number 624-4449 and Saturday Deliveries. Also mentions Radio Dispatched and Ask About Volume Discounts.

GOOD TO THE LAST ROOM! DANANN

Advertisement for Danann Construction Co. Lists services like Insured & Bonded, Total Renovation Capabilities, References Available, Guaranteed Completion Time, etc. Includes phone number (313) 887-2492.

Livingston County Home, Energy & Garden Show

Advertisement for Livingston County Home, Energy & Garden Show. Held at Howell High School Fieldhouse, 1200 W. Grand River, West of Downtown Howell, April 4-5-6. Features over 100 exhibitors and special features like 'A Taste of Livingston County'.

SUMMER FUN LEAGUES NOW FORMING

Advertisement for Summer Fun Leagues. Lists various leagues including Monday Trio Classic (Men), Tuesday Nite Ladies, Wednesday Nite Mixed, and Saturday Nite Mixed. Includes details about fees, trophies, and contact information for Danann Construction Co.

Realtors report trends in '86 housing market

Increased sales, fewer listings and rising prices are emerging as 1986 trends in the existing home market, according to the Metro MLS. The state's largest multiple listing service reported February sales in its members included 1,276 detached, single-family homes and 35 condominiums. The combined residential figures represent an 18.7 percent jump from February last year and a 13.2 percent year-to-date increase.

At the same time, Metro MLS reported new listings down nearly 21 percent from a year ago with nearly a third fewer condominiums listed. He said the sales-to-listing ratio for Metro MLS in February was 56.6 percent, average home prices climbed to \$72,769 in February. This was nearly \$5,000 above the January average price or a gain of 7.3 percent. The average price a year ago was \$68,926.

"With mortgage interest rates edging toward single-digits, figures many owners are using today's strong market to move up in the housing scale," said Metro MLS president Joanne R. Bryngelson. "Their move to newer, higher-priced homes is helping move average prices up."

"There still, however, is a good supply of more moderately priced homes to first-time buyers. Nearly 40 percent of homes by our members this year had dominiums. The combined residential figures represent an 18.7 percent jump from February last year and a 13.2 percent year-to-date increase.

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SWING INTO Spring WITH JEFFREY BRUCE

Advertisement for Jeffrey Bruce, a 'Kelly & Company' artist. Includes a portrait of Jeffrey Bruce and contact information for Frederics Salon at 685-3500.

FREDERIC'S SALON

Advertisement for Frederic's Salon. Located at 325 S. Main St., Milford. Phone: (313) 685-3500. Business hours: Tuesday-Saturday, Evening by Appointment. MASTER CARD VISAS WELCOMED.

Unicap Detroit Red Wings

Advertisement for Unicap Detroit Red Wings. Promotes a 'FREE CAP DAY' for the first 3,000 fans courtesy of UNICAP. Includes details about the Red Wings vs. Chicago Blackhawks game on Saturday, March 22 at 2 pm.

South Lyon Collision

Caring for your body... Celebrate Our Anniversary and Win a 5 Month Membership to Palm Beach Gym and Fitness Center in Brighton. To enter, stop by or mail in name, address and phone to: South Lyon Collision, 150 E. McHattie, South Lyon, MI 48178.

Bulk Garden Seed is In!

12-12-12 \$5.75 50 lb. 24-24 \$6.75 50 lb.

Wixom Co-operative

49350 Pontiac Trail, Wixom. 624-2301

Commodore PROFESSIONALS

Advertisement for Commodore Professionals. Lists software titles for rent, including AMIGA, 1000 COMPUTER, C-64, FREE MODEM w/128, and others. Includes contact information for Micro World.

SPARTAN STIRE & MUFFLER

Advertisement for Spartan Stire & Muffler. Features 'TAKE HOME AN ALL-WEATHER FRIEND.' and 'MICHELIN' tires. Lists services for all-season light trucks and all-season passenger vehicles.

"HAPPY KELLY WEEK TO ALL OUR CUSTOMERS & EMPLOYEES!"

Advertisement for Kelly Services. Promotes 'HAPPY KELLY WEEK' and lists services like 'To us you are as good as gold.' Includes contact information for Kelly Services at 7990 W. Grand River, Suite A, Brighton, Michigan. Phone: 227-2034.

KENSINGTON PARK APPTS.
1 and 2 Bedroom Apts.
from \$315
Carpet • Appliances • Air
Prol. & Clubhouse
HEAT INCLUDED
156 West Kentland Exit across from Kensington
State Park 7 minutes from 12 Oaks Mall
437-6794
SOUTH LYON REAL ESTATE SERVICE

BRIGHTON 1 bedroom apartment
on Woodland Lane. New carpet, 1990. Security deposit, \$50 per month. After 5:30 p.m. (313)229-974

HOWELL Large 1 1/2 bedroom with doormat to deck, close to shopping center. No pets. Security deposit, \$50 per month. After 5:30 p.m. (313)242-5129 or (313)242-6229.

COACHMAN'S COVE
A beautiful mobile home complex with a swimming pool, tennis courts, and a clubhouse. Located in Northville, Michigan. Call (313)454-2836.

BRIGHTON First class professional building on Grand River north of Brighton. Call (313)227-1111.

ANTIQUE furniture, glassware and collectibles. Furniture and collectibles for sale. Call (313)227-1111.

TRUCKS-TRAILERS-TRUCKS
Trucks-Trailers-Drop equipment. Call (313)227-1111.

WANTED Infants and children's clothing. Call (313)227-1111.

CLOSE out on Yamaha Grand. Tokai Kimball-Sommer piano. Call (313)227-1111.

Delridge
The new Delridge at Lighthouse Pointe. Call (313)227-1111.

Lighthouse Pointe
A new community in Northville. Call (313)227-1111.

PONTIAC TRAILERS
On Grand River. Call (313)227-1111.

COMMERCIAL office space for rent. Call (313)227-1111.

MOBILE HOME for sale. Call (313)227-1111.

OFFICE SPACE for rent. Call (313)227-1111.

ANTIQUE items for sale. Call (313)227-1111.

TRUCKS-TRAILERS for sale. Call (313)227-1111.

WANTED items for sale. Call (313)227-1111.

HOUSEHOLD SERVICE AND BUYERS DIRECTORY
Livingston County Phone 227-4436 or 548-2570 Oakland County 437-4133, 346-3022, 485-8705 or 449-2121 Wayne County 348-3022 Washtenaw County 227-4434

REACH OVER 145,000 POTENTIAL CUSTOMERS EVERY WEDNESDAY AND 136,000 EVERY MONDAY

Alarm Service	Brick, Block, Cement	Building & Remodeling	Capacity	Carpentry	Drywall	Janitorial Services	Painting & Decorating	Roofing & Siding	Tree Service
Aluminum	CEMENT BRICK BLOCK AND ALL MASONRY	REMODELING	AAA CONSTRUCTION	CONSTRUCTION	DRYWALL FINISHING	CLASSIC Cleaning	McKAY Painting	BAGGETT ROOFING	Trucking
Appliance Repair	ADDITIONS	BAGGETT EXCAVATING	APPLIANCE REPAIR	CONSTRUCTION	ELECTRICIAN	ELECTRICIAN	PAINTING	COUNTRY AUCTION	TV & Radio Repair
Architectural Design	ADDITIONS	NORTHVILLE	Architectural Design	CONSTRUCTION	Excavating	Excavating	PAINTING	FARM AUCTION	Upholstery
Attorney's	ADDITIONS	NORTHVILLE	Attorney's	CONSTRUCTION	Fencing	Fencing	PAINTING	MEL'S AUCTION	Vacuum Cleaners
Auto Glass	ADDITIONS	NORTHVILLE	Auto Glass	CONSTRUCTION	Furniture Refinishing	Furniture Refinishing	PAINTING	MEL'S AUCTION	Wallpapering
Auto Repair	ADDITIONS	NORTHVILLE	Auto Repair	CONSTRUCTION	Country Hill Furniture	Country Hill Furniture	PAINTING	MEL'S AUCTION	Waterproofing
Basement Waterproofing	ADDITIONS	NORTHVILLE	Basement Waterproofing	CONSTRUCTION	Catering	Catering	PAINTING	MEL'S AUCTION	Window Shades
Brick, Block, Cement	ADDITIONS	NORTHVILLE	Brick, Block, Cement	CONSTRUCTION	Ceramic Tile	Ceramic Tile	PAINTING	MEL'S AUCTION	Window Treatments
Brick, Block, Cement	ADDITIONS	NORTHVILLE	Brick, Block, Cement	CONSTRUCTION	Chimney Cleaning	Chimney Cleaning	PAINTING	MEL'S AUCTION	Window Treatments
Brick, Block, Cement	ADDITIONS	NORTHVILLE	Brick, Block, Cement	CONSTRUCTION	Chimney Sweeps	Chimney Sweeps	PAINTING	MEL'S AUCTION	Window Treatments
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ANTIQUE AUCTION
Sunday, Mar. 23rd at 10:00 p.m.
V.V.F. Hall 1428 S. Mill St., Plymouth, MI

AMCON GROCERY AUCTION
March 21 (Friday) 6:00 p.m. at the Howell Rec. Center
Bring Coolers

COUNTRY AUCTION
Farm Equipment/Miscellaneous/Household
Saturday, March 22, 1986 11 A.M.

MEL'S AUCTION
1279 S. Old US-23, Brighton-228-6650
Saturday, March 22, 7 p.m.

FARM AUCTION
Friday, March 21, 1986 - 10:00 A.M.

GREENVIEW MAINTENANCE
Commercial, Residential
313)348-8133

ROOF'S EXCAVATING
Snow PLOWING
313)271-7111

SMART SHOPPERS
USE THE GREEN SHEET

SHERIDAN AUCTION SERVICES
OFFICE: (313)548-3300 BILL: (313)762-2503 LARRY: (313)762-4240

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- 100 Lawn & Garden Care and Equipment
111 Farm Products
119 Farm Equipment
152 Horses & Equipment
153 Sawdust Pine-Poplar
154 Sawdust
155 Help Wanted
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NORTHERN Spy, Red Delicious, Red Rome, Golden Wonder, etc.
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BRIGHTON, 20 hours part-time...
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CATERING. Reliable person for...
157 Help Wanted
DIETARY Aides needed for...
158 Help Wanted
FACTORY Workers, 18 hours...
159 Help Wanted
HOME CARE AIDES Seeking...
MANAGEMENT If you are an...
NURSES Aides. Immediate...
PART-TIME. Full-time...
PIZZA HUT Come join our growing...

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YANMAR DIESEL TRACTORS AND HODGES FARM EQUIPMENT
9.9% FINANCING
DELIVERY ANYWHERE!
Model 180D
18 HP 3 Cylinder
5 Speed Transmission
Tuff or Ag Tires
\$15650
or \$114 a month w/20% down

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MACHINE OPERATOR NEEDED
In our Bindery Department at the Livingston County Press...
MINI MAID
The team of professional house cleaners expanding in selected areas of Metro Detroit...
EARN EXTRA MONEY
We need dependable, energetic and responsible people to fill temporary assignments...

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RICK HODGES PERSONALLY SAYS: "WE WON'T BE UNDERSOLD!"
HODGES FARM EQUIPMENT
Michigan's Largest Yanmar Dealer Since 1946
Fenton (313) 629-6481

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165 Help Wanted

SECRETARY. Part-time, 20 hours per week. Telephone and typing skills a must. Computer experience helpful but not necessary. Apply Mrs. C. A. Maloney, 2015 E. Grand River, South Lyon, Michigan 48156-7700.

SALES MANAGER. VER-SATEX INDUSTRIES has a need for a professional manager to coordinate its national sales program. An electrical background, essential college degree preferred. Experience working with manufacturers representative is a real plus. In return, we offer excellent benefits, product knowledge, practical training, and an opportunity for financial growth.

To further investigate this opportunity please submit your resume and salary requirements to: E. N. Noughton, C.E.O., VER-SATEX INC., P.O. Box 534, Brighton, MI 48116.

SECRETARY. Full-time or part-time clerical, office and light bookkeeping. Local Brighton Construction Firm, 4740 Park Blvd., Brighton, MI 48116.

FOOD Bell is now hiring for night morning and late night hours. We offer on-the-job training, automatic schedule and hours and discounted meals. We hire in our minimum wage area. Please apply to: Wendy Bell, 8541 W. Grand River, Brighton, MI 48116.

CAREERS Area needed for Novi Daycare Center. Part-time position available. Call (313) 47-2252 before 4 p.m. and 11 a.m. and 1 p.m. and 4 p.m.

TRIP 5000 weekly at home. Send self-addressed envelope to: Austin, 5715 Lincoln, Howell, MI 48843.

166 Help Wanted Sales

BEAR Automotive, the industry leader in automotive sales and service, is seeking experienced sales professionals and estimators analysts. Our award-winning management has an immediate opening for a salesperson to manage individual sales and coordinate communication/prospecting skills, automotive background a plus. We offer high commissions, training and field assistance. Please apply to: Ken Curren, Sales Manager, BEAR Automotive, 10000 Old Orchard Rd., Farmington Hills, MI 48334-9200.

CAREER-minded, aggressive salesperson wanted to satisfy clients in the Detroit Metropolitan Area. Call (313) 394-1047, ext. 411 or 412.

EARN WHAT YOU ARE WORTH

We are interviewing both licensed and unlicensed individuals for real estate careers in real estate. Extensive training provided, guaranteed income, soon. Call today.

CONRAD KJAKUBOWSKI

478-9130 ERA RYMAL SYMES CO.

DRIVERSALES

Free training/Commission plus bonus/Company vehicle/Call between 9 and 2:30/317-1566.

DRIVER SALESMAN

Route sales, calling on established companies, servicing top and paid people. Guaranteed income, company paid benefits, looking for aggressive and ambitious people. Call between 9 am and 4 pm. (313) 349-9300

TEMPORARY PART-TIME

Part-time classified phone room work. Typing required. Assignment available. Call (313) 471-4133 for appointment.

TELEPHONE SURVEY. Needed immediately. 15-20 people, pleasant voice and dependability. 2-3 hours per week. Call: Mrs. M. W. Jones, 10000 Old Orchard Rd., Farmington Hills, MI 48334-9200.

SECRETARIES

Put your skills to work. Assignments available. Earn benefits working long or short term. EOE. Call today. TECHNICAL SERVICES INC. SOUTH FORT AVE. SOUTHFIELD (313) 298-4036

TELEMARKETING people needed in the Ann Arbor area. \$2.25 per hour against commission. Experience preferred but not necessary. Flexible hours. Call between 9:30 and 4:30/313-9245.

TODD'S Services is hiring for landscaping type work. Good starting pay. Long hours. (313) 221-2778.

TREE trimmers, laborers. South Lyon area. (313) 495-4333.

THE Anxiety Disorders Program at The University of Michigan is seeking research staff for a research study assessing the healthfulness of medication in the treatment of Panic Disorder (also known as anxiety attacks). Some symptoms of Panic Disorder are sudden surges of fear accompanied by racing or pounding heart, chest discomfort, dizziness, shortness of breath, trembling, and fear of going crazy or losing control. Volunteers are not currently taking medications on a daily basis for nervous anxiety or depression. This study includes free diagnostic workups, physical exams, and treatment to qualified persons. Call (313) 764-5248.

LPHOSTER to do autos, boats and furniture. Will pay \$10.00 per hour on commission basis. Experienced only. Universal Upholstery, Fowerville, (313) 223-3646.

UNDERSTANDING loving person to care for my 2 children in my home preferably. Serious inquiries only. (313) 878-5272.

WANTED: fun outgoing individuals for tour guides at Waldenwoods Resort. If you enjoy talking to people we want to talk to you. Interviews at 11 a.m. Thursday, 1300 Waldenwoods Resort: 2975 Old 23, Hartland.

WITNESSES NEEDED FOR THE ARRESTED on Grand River in Novi, needs mature women to work the elderly. Must be available 1 p.m. to 9:30 p.m. Must be dependable and have own transportation. \$4.00 per hour. Call Mrs. Ruby Cain, (313) 251-1335.

WAITPERSONS and Cooks wanted for busy restaurant and tavern. Food service experience helpful. Next appearance at Call Zukeys Case Tavern (313) 211-1441.

WANTED experienced person to do ironing. Please call (313) 223-1141.

WALL PAPER hangers helper. Part-time, neat, creative mature person who likes to work. Experience helpful. Send resume to Box 200, 512 Brighton Ave., 48118. East Grand River, Brighton, 48118.

WE are now taking applications for factory work. Apply at 123 Rossvelt, Howell, MI.

167 Business Opportunities

BARBER Shop for rent, 20' x 30', fully equipped and operating. Hourly, \$100.00. Please apply in person at W Restaurant, 12 Oaks Mall, W. Main, W. Main, W. Main. WOMAN to care for elderly gentleman in my home. (313) 852-7263.

BUILDING LICENSE SEMINAR

Building trades homeownes-apartments owners, preparation for the State Test. Limited enrollment. Seven years experience. Instructor to request a personal interview with open house potential. To request a personal interview with open house potential, call Mr. Box at (313) 506-4520.

X-RAY Tech with fluoro and mammography experience. Full-time. Janet (313) 565-3000.

166 Help Wanted Sales

BEAR Automotive, the industry leader in automotive sales and service, is seeking experienced sales professionals and estimators analysts. Our award-winning management has an immediate opening for a salesperson to manage individual sales and coordinate communication/prospecting skills, automotive background a plus. We offer high commissions, training and field assistance. Please apply to: Ken Curren, Sales Manager, BEAR Automotive, 10000 Old Orchard Rd., Farmington Hills, MI 48334-9200.

CAREER-minded, aggressive salesperson wanted to satisfy clients in the Detroit Metropolitan Area. Call (313) 394-1047, ext. 411 or 412.

170 Situations Wanted

GENERAL housecleaning. Reliable with references. (313) 231-3003.

HOUSECLEANING Also will do all other housework. Reliable with references. (313) 231-3003.

HUNTLEY finishing shop in Milford, fully equipped. Only \$5,000. Terms available. (313) 852-7263.

167 Business Opportunities

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CAREER-minded, aggressive salesperson wanted to satisfy clients in the Detroit Metropolitan Area. Call (313) 394-1047, ext. 411 or 412.

171 Situations Wanted

OWN your own business opportunity. Ladies apparel, combination store, maternity, dancewear, accessories. Must have \$10,000. Call (313) 231-3003.

MOTHER will care for your children. Excellent references. Call (313) 231-3003.

Hamburg/Whitmore Lake area. Excellent references. Call (313) 231-3003.

RESUMES, Mailing Labels, Envelopes Addressed, etc. Call (313) 231-3003.

RAINBOW cleaning service. Commercial and residential. Fully insured. Call (313) 231-3003.

SPRING clean special. A1 cleaning. Low cost. Dependable. Efficient. Call (313) 231-3003.

YAMAHAS for sale. 1978 Yamaha XS-650 Special. 1978 Yamaha XS-650 Special. 1978 Yamaha XS-650 Special. Call (313) 231-3003.

YAMAHAS for sale. 1978 Yamaha XS-650 Special. 1978 Yamaha XS-650 Special. 1978 Yamaha XS-650 Special. Call (313) 231-3003.

170 Situations Wanted

ALL of us are busy cleaning beautiful homes by an experienced woman Home Economist for homes and businesses. Also full-time housekeeping skills expert. Also full-time housekeeping skills expert. Also full-time housekeeping skills expert. Call (313) 231-3003.

175 Business & Professional Services

BOOKKEEPING Completely computerized. Reasonable and experienced. K & J Associates, (313) 231-3003.

WORD processing. Same day service. Reasonable and experienced. K & J Associates, (313) 231-3003.

Income tax? LEAVE IT TO THE PROFESSIONALS... It Could Save You Money

We want you to get everything that's coming to you. Let our specially trained experts take care of it... fast!

CPA performing tax preparation and accounting services. Tax returns prepared in the privacy and convenience of your home or business. Rates reasonable. Inquiries welcomed. No obligation. Call (313) 227-4468.

FOLEY Tax Return Service. Stop & go call for appointment. 335 N. Lafayette, South Lyon, MI 48131-2651.

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TAX returns prepared in the privacy and convenience of your home or business. Rates reasonable. Inquiries welcomed. No obligation. Call (313) 227-4468.

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1978 Honda CM400. Excellent condition. 50,000 mi. \$2,100. Call (313) 231-3003.

1979 Honda XL 500S. On and off road. Very good condition. \$1,800. Call (313) 231-3003.

1980 Honda CM400. Fully dressed, 8,000 miles. \$1,300. Call (313) 231-3003.

1980 Honda Silver Wings. 500 miles. \$1,400. Call (313) 231-3003.

1981 Kawasaki Zephyr 400. Fully dressed, 8,000 miles. \$1,300. Call (313) 231-3003.

1982 Harley Davidson Sportster XLH. Low miles, excellent condition. Best offer. (313) 878-5272.

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1978 aluminum square back tripper. Canoe with trolling motor. \$250. (313) 231-3003.

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1985 AMC Spirit. 4 speed. Black. \$1,500. Call (313) 231-3003.

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1981 Chevrolet Citation. Power steering, power brakes, air conditioning. 70,000. (313) 262-3548 after 6 p.m.

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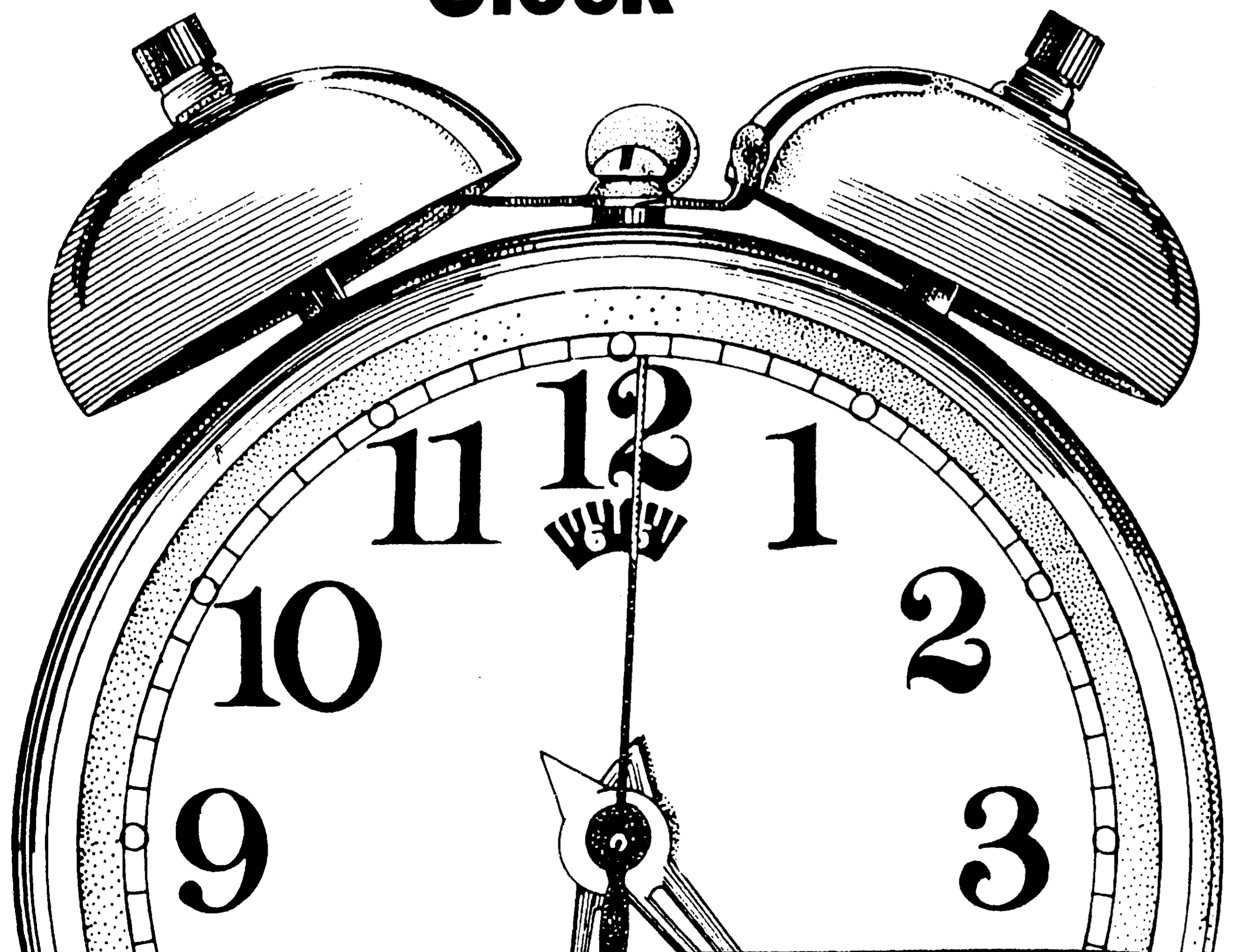
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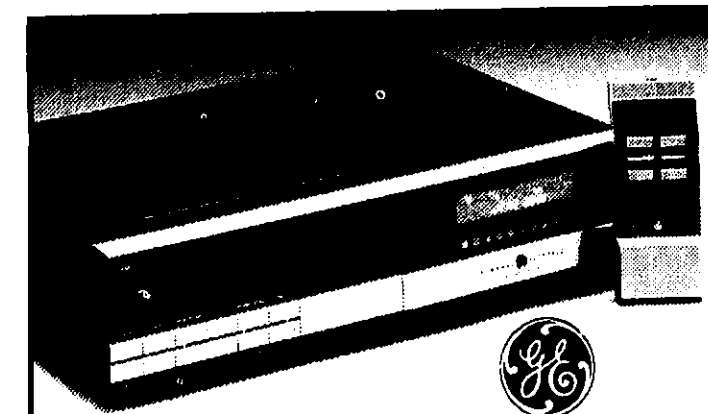
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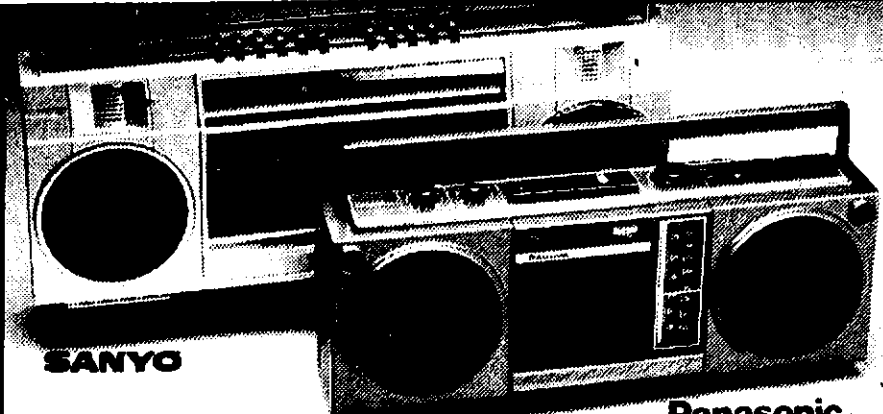
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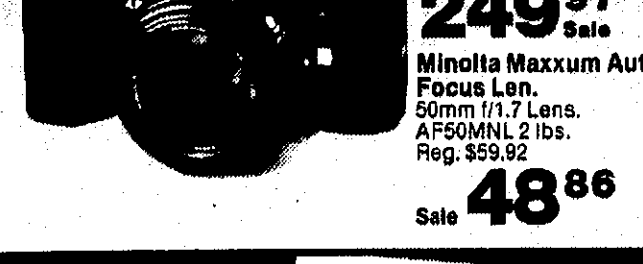
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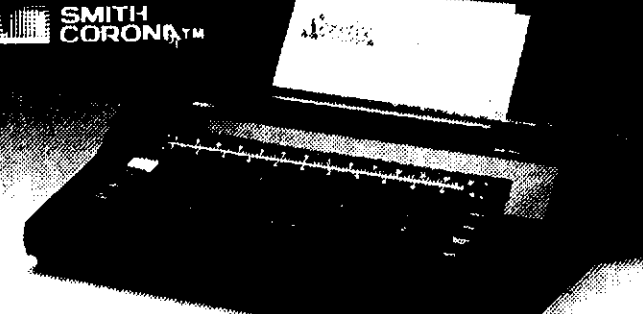
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Balanced diet key to losing pounds

Continued from 1B

can provide all that," Barlett said. Evelyn Darby, director of dietetic services at McPherson Community Health Center in Howell, agrees. "I haven't seen one diet that was a complete diet," she said. "They are lacking in something and someone is lacking in something."

The other major factor in why fat diets fail is that they don't get at the core of the problem—the behaviors that make you overweight in the first place. "You can't lose weight until you have instant gratification. Weight loss is a long-term goal, but weight loss is a long-term goal," she said. "You can't lose weight until you have instant gratification. Weight loss is a long-term goal, but weight loss is a long-term goal."

When you are on a strict diet, your metabolism slows, Barlett says. If you eat a diet that is low in calories, your body will burn through the old eating habits, which will help you lose weight. "When you eat a diet that is low in calories, your body will burn through the old eating habits, which will help you lose weight."

Also, the weight you lose on fat diets is usually not fat. "You lose weight, but you lose muscle, too," Barlett said. "When you decrease the calories a lot, your body goes into a semi-starvation state and starts using energy any way it can. It uses muscle for energy. You lose weight, but you lose muscle, too."

The formula for effective weight loss is plain, simple and common sense. "You need to eat less and burn more," Barlett said. "You need to eat less and burn more."

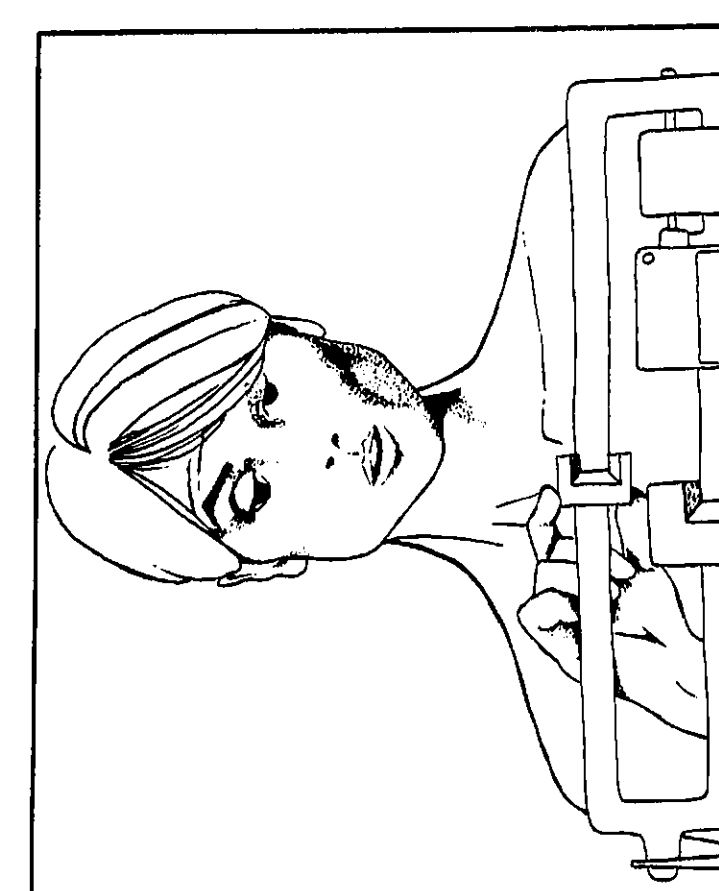
Barlett and Darby, who work with the Oakland County Health Department and a registered dietitian. "You need to eat less and burn more," Barlett said. "You need to eat less and burn more."

Barlett further recommends that you eat a diet that is high in fiber. "Fiber is important for weight loss," she said. "Fiber is important for weight loss."

Here are the four food groups, the minimum daily recommended amount of servings in each group and what each group provides:

- Group 1: Grains.** Provides energy and fiber. Recommended: 6-11 servings. Examples: 1 cup of whole grain bread, 1/2 cup of rice, 1/2 cup of oatmeal.
- Group 2: Vegetables.** Provides vitamins, minerals and fiber. Recommended: 3-5 servings. Examples: 1 cup of leafy greens, 1/2 cup of carrots.
- Group 3: Fruits.** Provides vitamins, minerals and fiber. Recommended: 2-4 servings. Examples: 1 medium apple, 1/2 cup of berries.
- Group 4: Protein.** Provides protein, iron, magnesium, vitamin B and fiber. Recommended: 2-3 servings. Examples: 1/2 cup of beans, 1/2 cup of chicken.

Barlett says that a diet that is high in fiber and low in calories is the best way to lose weight. "You need to eat less and burn more," she said. "You need to eat less and burn more."



That means learning to view food as a provider of nutrients and not as a source of entertainment or an escape from the stresses of your life. "There are a lot of reasons people eat, based upon how they feel about themselves and others," she said. "There are a lot of emotional, societal and environmental factors. For most people, you have to take that into account."

Barlett says, an effective diet should teach people how to change behavior. "There are a lot of reasons people eat, based upon how they feel about themselves and others," she said. "There are a lot of emotional, societal and environmental factors. For most people, you have to take that into account."

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There's a very good reason for the extra inches, according to Debbie Pinho, a South Lyon exercise physiologist and district manager for the Jackie Sorensen exercise program.

"The body's no good at storing fat, she said. "The body's fat is stored in the most inaccessible places, and you've got to get it out. It's not easy to get it out, and you've got to be sure of what they're eating and drinking, but it doesn't work that way."

"Our society is into instant gratification, instant fat stomach," she said. "But it doesn't work that way. It's a lot of hard work."

Even if you are different, there are some things you can do to lose the fat.

Pinho recommends that when choosing an exercise program, you look for one that includes both strengthening exercises and cardio. She says you need to be sure of what they're eating and drinking, but it doesn't work that way."

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Balanced diet key to weight loss

By Caroline Case

There's no denying it: Pinho is one of the most successful people in the fitness business. She's a former model and a fitness instructor. She's been on the cover of *Playboy* and has appeared in a number of national television commercials.

Pinho's secret to staying in shape is a balanced diet and regular exercise. She says that most people who are overweight are not eating right. They're eating too many carbohydrates and too few proteins and fats.

"If you're eating a diet that is 80 percent carbohydrates and 20 percent protein and fat, you're not getting the right balance," she says. "You need to eat a diet that is 40 percent carbohydrates, 30 percent protein, and 30 percent fat."

Pinho also emphasizes the importance of regular exercise. She says that you need to do at least 30 minutes of exercise a day, and you should include both cardio and strength training exercises.

"Cardio is important for burning calories, but strength training is important for building muscle and increasing your metabolism," she says. "Muscle burns more calories than fat, so the more muscle you have, the more calories you burn, even when you're not exercising."

Pinho recommends that you eat a balanced diet and exercise regularly to lose weight and stay healthy. She says that you should eat a diet that is 40 percent carbohydrates, 30 percent protein, and 30 percent fat, and you should do at least 30 minutes of exercise a day.

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'Easy does it' is name of the game

It is one of the few unpleasant harbingers of spring: the first bathing suits start to hit the racks, and many of us come face to face with the fact that, after a long, indolent winter, we have more to put in them.

Then there are those of us for whom not just one, but many winters have passed without benefit of physical activity.

Well, it's never too late to get in shape, but if it's been a significant amount of time since you last stepped out, the rules are different, folks. The name of the game is, easy does it.

"You can't expect your body that's been out of shape for 30 years to get back in shape in a week," says M. Jayne Kelly. She is owner and director of Healthy Habits, an aerobic fitness program for men and women with classes in Brighton, the well, Fowlerville, Pinckney and Hamburg.

Kelly strongly recommends that anyone over age 35 or anyone who has a history of health problems first check with a doctor before beginning an exercise program. It may involve only a phone call to get the doctor's approval, and save you from serious health complications in the long run.

Once you've received your doctor's clearance, Kelly says, you can go about finding an exercise program to suit you. First of all, choose something you like and can stick with, because exercise must become part of your lifestyle.

To get the best and healthiest results, you should make sure it includes all components of exercise: warm-up, aerobic, strengthening, flexibility and cool-down.

Kelly uses a seven-component procedure in a beginner's exercise class she leads for people with health problems. She begins with some easy stretches, to wake the muscles up, she said. Then comes the upper body workout, something she believes most exercise programs ignore.

Next is a warm-up for aerobic, in which the class does five minutes of the same exercises as will be done in the aerobic portion, but at a slower pace. The fourth component is the aerobic itself, which is "low-impact," designed not to stress the joints.

This is followed by a cool-down, in which the goal is to get the heart rate down to 120 beats within five minutes.

The class then moves on to floor work—strengthening exercises for legs and stomach. Flexibility and stretching exercises are done last, Kelly says, when muscles are well warmed up.

This may sound like a tough workout, but Kelly's students are encouraged to go slow, and build up as they are ready. That's the right way for any newcomer to proceed, she says.

Always wait until you're comfortable with what you're doing before increasing it," Kelly says.

One way to make sure you're not exercising too strenuously is to monitor your heart rate. To find your maximum heart rate, subtract your age from 220. Kelly recommends that new exercisers maintain a heart rate of 60 to 85 percent of the maximum, building slowly to no more than 85 percent of the maximum.

If you are the impatient sort who just knows you can get in shape between June 1 and June 7, think again, Kelly says. Getting in shape takes time, and by trying to speed up the process, you only increase your chances of slowing it down.

"If someone overdoes for one day, they can put themselves out for a month," she says. "No pain, no gain" just doesn't cut it, she believes. "I tell my classes, if it hurts, then they should stop doing it."

Kelly has another suggestion for easing back into an exercise program, which she says she recommends especially for those who are 30 pounds or more overweight: walking. Three miles in 45 minutes is a good clip, she says. But you could start out at half a mile a day and build up, she says. It is beneficial in any amount.

By Caroline Case
March 19, 1986

Learning to relax is the key

Continued from 9

having two major causes: the event itself, and the way we interpret it. A typical situation would be when an older parent moves in with a child, she said. That in itself is stressful to those involved, but "it's critical if the person in question thinks everything has to be perfect."

Butter feels that learning to put those expectations in perspective is the most effective way of reducing your stress.

"As a psychologist, I think it's more useful for people to look at their expectations of themselves, their priorities, and get those things straight," she said. "We ought to look at how we interpret stressful events, and do some work there, because we're not going to be able to avoid them."

"It's important to figure out what one can reasonably do, what one can handle, and do that."

Thumudo's suggestions for relaxation are in a similar vein.

"It's real important to get in touch with where your stress limit is," she said. Be realistic about how much you can accomplish in any one day, and make time for play as well as work.

"Find time to do things you like as well as those things you have to do, and find a nice balance," she said.

"We make things busier than they are, more important. Some things have to be done every day; others can wait 'til the weekend."

She also urges people who feel stressed to ask themselves if they really need to do it.

"Some things you can't change and you just have to accept it," she said.

As you work on reducing your stress, be patient, she said. Don't let the changing process itself become a source of stress.

"You have to remember, there are parts of you that will always need work," she said, and that doesn't have to be a negative thing; part of the challenge of life is having something to work towards.

Yanofsky says she often asks her patients to keep a journal for a week or two, writing down all the events in their day, beginning with waking up and getting dressed.

She instructs them to mark a plus sign by the positive things, a minus sign by the negatives, and a circle by the neutrals. In that way, she says, they can begin to get a feel for how stressful their life is, and consequently, where they need to make changes.

In addition to understanding the psychological reasons for your stress, there are some purely physical techniques you can employ to become more relaxed.

Progressive muscle relaxation: Thumudo explains that this is a method in which you become aware of how you tighten muscles in your body. You study your body and notice what hurts when you get up-right. The goal is to teach the brain to recognize when the muscles are feeling tight. With practice you can learn to recognize when you're building up to that state.

Eventually, she says, relaxation can become an automatic response. She will be conducting a workshop on this technique at the Womenfest at Brighton High School April 12.

Breathing: Take long, deep breaths when you realize you're becoming tense. This will slow the heart rate down and relax the muscles.

Exercise: Yanofsky says, "Health-wise, it's a positive thing. It also causes chemical changes which can be mood altering."

Also recommended are: eating a healthy diet, and avoiding certain foods and beverages if they contribute to your stress, such as salt, sugar, alcohol and caffeine; listening to tapes and records on relaxation; taking a bath; listening to music; learning meditation or yoga. The only thing not to do, they say, is nothing.

"The important thing is, make a point to sit down and get in touch with yourself," Thumudo says. "Find a (technique) that fits you the best."

By Caroline Case

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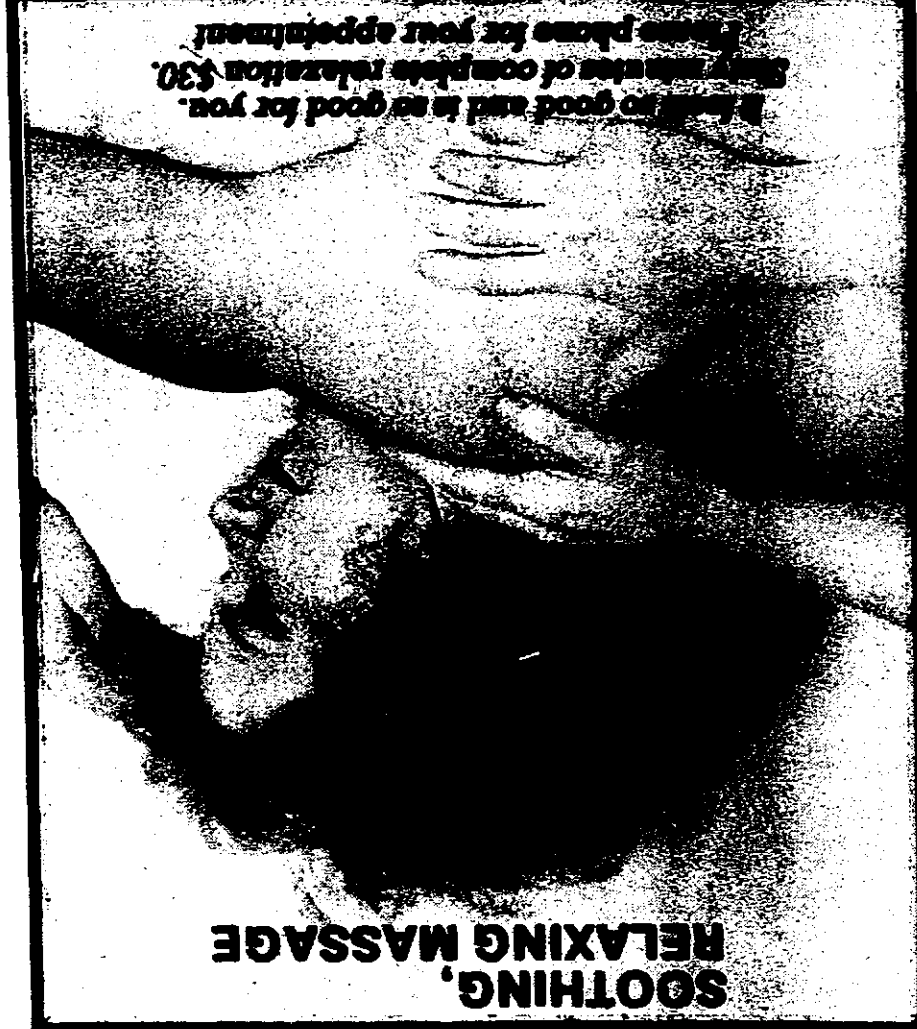
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RELAX

Busy lifestyles can be stressful



STRETCH

Loosen up before working out

Most physical therapists and athletes agree on the importance of warm-up stretching for safe exercise, but there seems to be little consensus on the amount of limbering up that is required before a burst of physical activity.

There is little doubt that carefully stretching the arm, leg, abdomen and back muscles prepares the body for physical exertion.

Describing the U.S. Army Total Fitness Program, Lieutenant Colonel Robert E. Hales, M.D., likened the stretching to a "body yawn" to loosen up, soothe and relax the body. He said the safest stretching method is a passive, relaxed, gradual stretch that is held for only a short time.

Like Hales, Frank C. Kava, a Novi physical therapist, called "static stretching"—which is performed in intervals perhaps 30 seconds long—the best method for limbering up.

This warming-up period prepares the body for physical activity in three ways: by stimulating the cardiovascular system for the more strenuous activity to follow; by thickening the cartilages in the major joints, making them less susceptible to injury; and, by making the muscles warmer.

By literally raising the body's temperature to allow for more flexibility in the muscles, the warm-up stretches will decrease the chances of pulled muscles, cramps in the muscle and general muscle soreness.

Stressing the importance of warm-up exercise at the start of any workout, Richard Lytle's "Beginner's Guide to Physical Fitness" explains how ligaments and tendons can be torn by putting sudden demands on tense or poorly toned muscles. Such physical trauma can cause several days of discomfort or possible serious damage to the muscular system.

Lytle suggests three phases of exercise as the best way to avoid such injuries. Following the warm-up and actual exercise activity, he emphasizes a "cool-off" period of two to three minutes. This cool-off exercise should involve the entire body. Walking around with a brisk arm motion is just one example of an effective cool-off procedure.

During exercise, muscle cells produce lactic acid as part of a process that brings the increased supply of fuel and oxygen that the body needs. Initially acting as a muscle stimulant, lactic acid will eventually cause muscle soreness if the body goes abruptly from vigorous activity to complete inactivity.

Feeling fatigued is the body's signal that this acid build-up has occurred. The third phase of exercise allows circulation to again stabilize.

An additional exercise precaution is recognition of individual physical limitations. Every healthy person can stretch regardless of physical condition or athletic skills. However, as joints tighten up with age, Kava warned of the increased likelihood of injury. In this case, cautious stretching becomes more important.

Judy Atler's "Safe and Sane Exercise Program" includes a list of basic warnings for readiness exercises. Don't bounce, lock, arch the low back or neck, swing, do fast exercises or force body joints beyond the normal range of motion, she ad-

NO SWEET DANGERS

in proper amounts



Continued from 3

latter—is calories, Machiorlatti says. The virtually non-caloric aspartame and saccharin have it all over over 16-calorie-a-teaspoon table sugar.

Although recent reports may claim otherwise, Machiorlatti sees no significant dangers in using sugar substitutes, or sugar itself, for that matter. As with anything, it's a question of not going to extremes. "I don't see risks at all in consuming sugar or substitutes as long as it is done in moderation," she said.

Although some studies have shown saccharin to be a carcinogen, she said, she feels it is perfectly safe used reasonably.

As for aspartame, it underwent seven to 10 years of study, she said, making it one of the most closely scrutinized food items ever. There is, however, a very small group of people sensitive to it. An estimated 15,000 people in the total U.S. population suffer from phenylketonuria, a disease in which they cannot metabolize phenylalanine, an amino acid found in aspartame.

Will saccharin go the way of the dinosaur now that aspartame has arrived? Probably not, says Machiorlatti. Although many people prefer aspartame's taste, saccharin has some distinct advantages. For one, it is cheaper to produce. More importantly, it has more applications

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CHOLESTEROL

Some good but not too much

Skalko said, but "it's thought that sound evil, bringing in mind high cholesterol levels cause building up on the inside lining of their arteries." Skalko said, "It's one of the things people don't take it right out of your diet, right?"

Mark J. Skalko, a Brighton physician and arteriosclerosis, hardening of the arteries is a major factor in heart attack and stroke.

Skalko listed two major causes of high cholesterol, eating a large amount of high-cholesterol foods and having an inherited difficulty in handling cholesterol in the body to bring the level down.

The American Heart Association recommends that adults maintain a cholesterol level of less than 200. It also stresses the importance of being tested.

Skalko said, "The very word cholesterol is animal fats, such as red meats and oils from animal fats. Changing the cholesterol level through the cholesterol level is quick to add that when these nutrients are cutting back from three to two servings a day, earlier that steps are taken to bring cholesterol levels down, the less chance for development of serious illness later in life.

If the test for cholesterol is below the recommended 200, no special high-cholesterol foods aren't necessarily bad foods, in moderation, they are all a part of a well-balanced diet.

Skalko said, "It's a matter of limiting these sorts of foods."

By Caroline Case

Health & Fitness

March 19, 1986

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Robert Ludlum's sequel to the Bourne Identity.

SECRET GENERATIONS \$17.95
John Gardner's latest James Bond story.

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Dr. Seuss
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Don Pendleton, the start of a new series by the creator of the Executioner.

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Grow a lot in a small space.

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Harmless insect controls without toxic materials.

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ARTHUR YOUNG TAX GUIDE 1986 \$8.95

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Make Easter Bright & Beautiful

Sunday, March 30th

Fill all of your Easter baskets with the special delights found at Card & Gift Center.

Fuzzy bunnies and ducks that love to be hugged from Applause, Dakin and Emotions are a sure winner for any Easter basket.

Bunnies from \$4.00

Ducks from \$4.50

Eggs... Eggs... Eggs... real eggs that are painted, wood eggs painted with a ribbon to hang, plastic eggs that can be filled, alabaster eggs on stands, ceramic chocolate decorated eggs, and chocolate marshmallow eggs from Russell Stover candy. All Eggsactly right for that special Easter gift.

Sharon Plastic Decorated Egg Container \$2.25

Hallmark Cards and Partyware in bright floral designs can add just the right touch to a beautiful Easter Sunday.

Card & Gift Center

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Store Hours: 9:30-9 Daily, 11-5 Sunday

GRAND RIVER/HALSTED PLAZA

This isn't a sale it's a **1/2 OFF GIVE-A-WAY!**

Buy 1 Sportcoat at \$110 Get The 2nd At \$55

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